

THE OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 42 No. 1

Friday, January 4, 1980

Capt. John Davis

NRMCO's chief of medicine retires to civilian job

Retirement ceremonies were held in Clinical Assembly last Friday for Naval Regional Medical Center's chief of medicine Captain John Wood Davis, who completed more than 22 years' service with the Navy, nine of them at Oak Knoll.

Dr. Davis received a certificate of merit signed by the Navy's Surgeon General citing him for his loyal, dedicated service in the Medical Corps. Additionally, a letter from Rear Admiral Walter M. Lonergan, the region's commanding officer, praised Dr. Davis for his professional training program over his many years here.

Dr. Davis starts a second career, this time as a civilian, to become medical director for Life Extension Institute Medical Group, Inc. in San Francisco, an affiliate of Control Data Corporation involved in health care services.

"I have mixed feelings after a most satisfying Navy career," the doctor said. "It will be a major change after spending almost half of my Navy career at NRMCO Oakland. It has been a pleasure to be part of an outstanding organization and contribute to the success of the regional medical center in its mission. I'm looking forward to a new career to provide health care for all, as the latter becomes a responsibility rather than as special privilege for a few."

Dr. Davis, originally from Lake Placid, N.Y., was valedictorian of his high school class in Hudson, Mass. He entered Harvard in 1948 where he received a degree in biochemical sciences and then completed require-

ments for a medical doctorate (cum laude) from Boston University School of Medicine in 1957. In the interim he won the Itabachi Award two years in succession for cancer research.

The physician next entered the Navy and served his internship and residency in internal medicine at Bethesda Naval Hospital, where he was later appointed to the staff. After a course in radioisotope techniques and nuclear medicine, he became Officer in Charge, Endocrinology and Metabolism Branch and Thyroid Clinic, Radioisotope Laboratory, Bethesda, followed by duty as an instructor in the same specialty. Still at Bethesda in 1962, he conducted a nuclear nursing orientation course and then was transferred to U.S. Naval Hospital, San Diego, where he also served in management of endocrine and radioisotope laboratories, school and clinics.

Vietnam billet

Following additional training, he

assumed command of the Third Medical Battalion, Third Marine Division, then to Vietnam. For this duty he earned the Navy Commendation Medal.



Dr. John Wood Davis

From 1965 to 1969, Dr. Davis held positions once again at the San Diego Naval Hospital, and in July 1969 reported to the Twelfth Naval District for duty under instruction as a

postgraduate fellow in endocrinology and metabolism with the University of California, San Francisco.

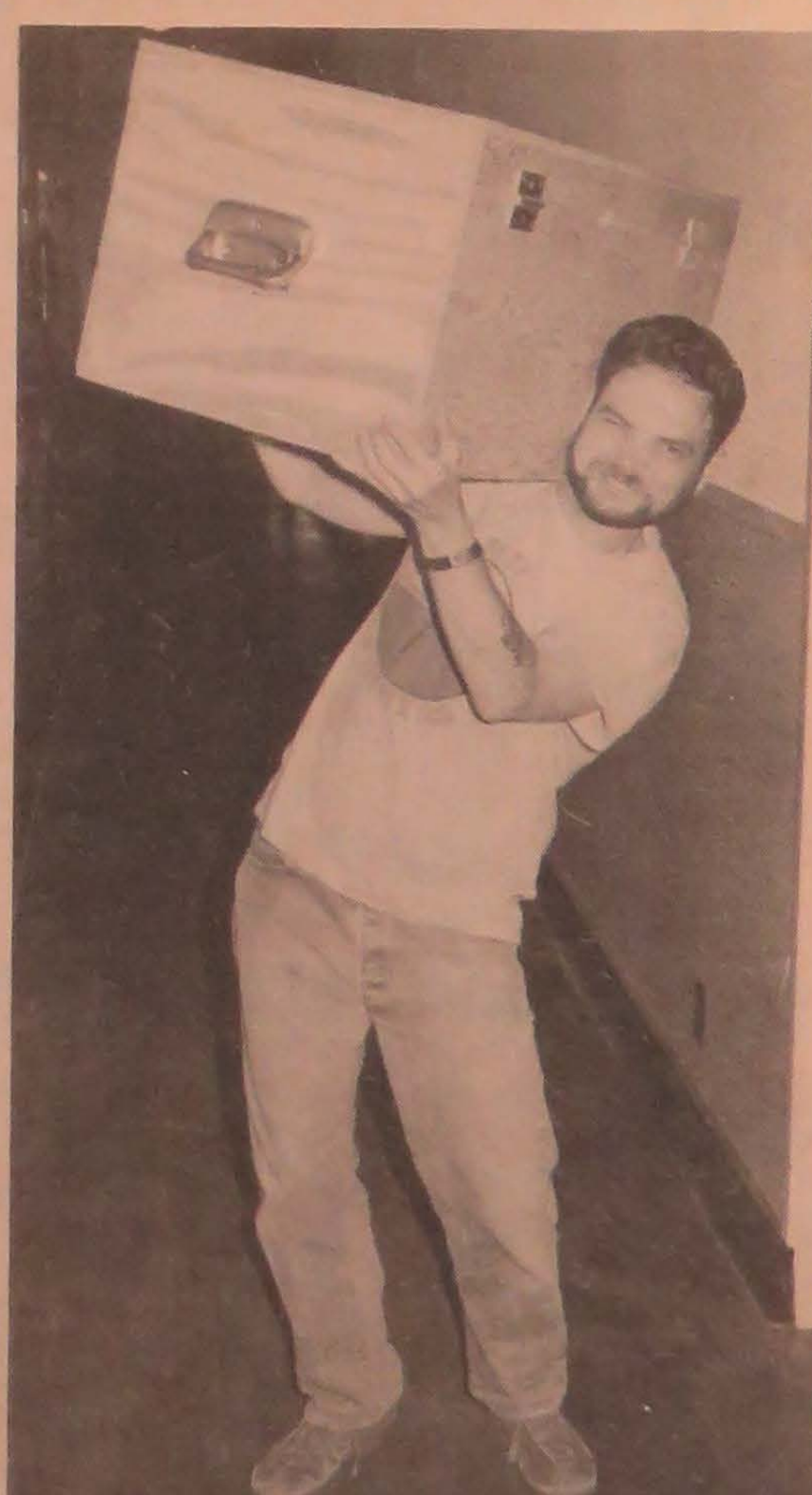
Oak Knoll duty

Completing his fellowship, he reported for duty at Oak Knoll while still continuing as a research associate with the university's metabolic research unit, where he had previously studied.

At Naval Regional Medical Center Oakland, Dr. Davis has been progressively (and in some dual-duty instances, continuously): Head, Endocrine/Metabolic Branch; Interim Commanding Officer, Naval Medical Research Unit No. 1; Assistant Chief of Medical Service; Director, Clinical Clerkship Training Program; Senior Primary Care Physician for Operation Egress/Recap (Homecoming); Senior Interviewer, Naval Medical Scholarship Committee; Executive Council, Graduate Training Committee; Acting Chief, Outpatient Service; Acting Chief, Medical Service, and, in 1973, Chief of the Medical Service. In the latter position he reorganized in-patient ward services for random admissions to implement the primary health care team concept with improved continuity and quality of patient care.

Also during his tenure here, the physician received the Meritorious Service Medal for service with Operation

(Continued to page 5)



MOVING DAY—The weekend before Christmas saw about 40 senior petty officers (E-5 and above) moving into newly refurbished quarters in Bldg. 69, A and B wings. Among those flexing

muscles and moving gear were (l to r) HM2 Richard Michael ("Rudy") Rudowski, HM1 Richard Paul Grant and HM1 William Bonnell Rhodes. The senior corpsmen vacated their rooms

in the main BEQ, Bldg. 501, to provide space for reporting students of the new X-ray Technician School.

Editorial ---

Iran, much in the news of late, is a land unknown to most members of the Armed Forces. Since it is in the news, the following background information on the country and its religion is presented for our readers.

AN

ISLAMIC PRIMER

Islam, the world's second largest faith, with over 750 million adherents, is a universal, not an ethnic or Arab, faith. Islam is more than just a religion.

It is an all-encompassing way of life.

The two major branches of the Islam faith are the *Sunni* and the *Shiite*, a division which dates from shortly after the death of Muhammad, the religion's founder, in 632 A.D.

Shiite, the smaller branch, holds that a spiritual leader is required to guide the faithful. These leaders are called *imams* and are considered to be the successors of Muhammad. The first *imam* was Ali, son-in-law of Muhammad.

Sunni, the larger branch (90 percent of all Moslems), consider themselves to be the orthodox branch and reject the claim of Ali's line. They believe that the "community of the faithful is the guardian and the guarantor" of the sacred law grounded in the will of God as given in the *Koran*, Islam's holy book.

Both branches have religious leaders whom they consider to be teachers and leaders of prayer rather than ordained clergy in the Western sense. Leadership within this "clergy" is obtained by virtue of one's learning and ability to develop a following. Since separation of church and state is not a recognized principle, these religious leaders are important to the politics of Muslim countries.

Within the *Shiite* branch, a *Mullah* is a religious leader. A group of select mullahs is gathered together as a *Mujtahid* which has legal jurisdiction under the *Sharia*, Muslim law.

The most learned and revered individual in each *Mujtahid* group is given the title *Ayatollah*.

In general, Muslim spiritual duties are outlined in the "Five Pillars of Faith" namely—

- confession of the faith daily,
- prayer made five times daily while facing Mecca,
- charitable giving,
- fasting during the daylight hours of the Islamic holy month of *Ramadan*, and
- making the *hajj* or pilgrimage to Mecca at least once during the person's lifetime.



IRAN

Facts And Figures

Geography: Area of 636,000 square miles, slightly larger than Alaska. Capital is Tehran with a population of 4.7 million. Qom, present headquarters for Ayatollah Khomeini, is one of the nation's centers of Islamic traditionalism.

People: Estimated 37 million population. Over 90 percent are members of the *Shi'a* sect of Islam. 5 percent belong to the *Sunni* sect.

Government: In January 1979 Shah Mohammad Pahlavi was forced to flee the country. It is now ruled by committees under the Ayatollah Khomeini, a religious leader who had been exiled for nearly 20 years.

Economy: At one time Iran was the 4th largest exporter of petroleum in the world. Production has fallen dramatically since the revolution. In November 1979 President Jimmy Carter banned direct purchase by the U.S. of any Iranian oil after the takeover of the American Embassy by Iranian students, in which 62 Americans working there were taken hostage.

Physician applauds Security for apprehending car-stripper

On Monday, Dec. 10, 1979, I came upon a man working around my car in the back parking lot. It soon was apparent that he had started stripping my engine. At that time I notified Security of the description of his car and asked them to stop him at the front gate. Due to the extremely expedient work of the Security team at the front desk and at the Front Gate, the thief was apprehended.

I got to thinking about how the men at the front desk immediately assisted and how the gate guard efficiently handled the situation... how thankful I am that our Security Department is effective.

It seems that Security is hated by all who acquire a ticket and that their job is less than clearly seen as necessary around our hospital. However, until some unfortunate occurrence happens, one really can't be thankful enough that they (Security) are here and performing a most professional job.

So I want you to know that I'm very pleased with those who give out those awful tickets...

JOHN BARTOW

Lieutenant, Medical Corps, U. S. Navy
Department of Radiology

Is there a 'personality' problem in your carpool?

Carpools save money and energy but many break up because of what some riders cite as "personality problems." To head off undesirable carpool situations, here are some general guidelines that may not apply in every case but usually work if they are established and understood by all riders at the outset:

- Set up a schedule and be on time—always. When you're late you make everyone late. If you can't be on time, let someone know in advance.
- Do all you can to have enough gas in the vehicle for the round trip. Most people resent stops and delays.
- Don't smoke unless everyone smokes, or unless the non-smokers have

agreed that it's okay.

- Vote on playing the radio. People's tastes in music differ. Some may not want it on at all. Be democratic.
- Consider personal hygiene. "Kissing sweet" you don't have to be, but under-deodorized or over-perfumed riders can send people reeling for fresh air.
- Be sure your vehicle is in peak condition. Have it serviced regularly. If it conks out on the road, don't expect your passengers to laugh it off.
- Most importantly, drive carefully: no drinks, no speeding, no aggressive driving or negligence. Other people's lives are in your hands.

Mojave steam to provide Navy power

A contract has been signed between the Navy and a private firm to develop the geothermal energy resource at Naval Weapons Center, China Lake, Calif.

The contract is the first of its kind, and calls for the firm to evaluate the resource, develop it for use, and build an electric power plant. The Navy will retain title to the land, the geothermal resource, and the electricity produced there. The private firm will be paid for developing and operating the facility.

Initially the facility will meet all electrical requirements of the weapons center, providing 10 to 20 megawatts of electricity. When the field is fully developed, its capacity will provide up to 78 megawatts of electricity at an estimated savings of 1,300,000 barrels of oil a year. The additional power will be transmitted for use at other Navy installations in Southern California.

The contract specifies the Navy will get electricity at rates below prevailing commercial charges when the plant becomes operational in the mid-1980s. The Navy anticipates cost avoidance of \$1,250,000 in its first year of operation.

The geothermal energy field the Navy will tap is located in the Coso Region of the high Mojave Desert on the vast California base.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HN Rick Pappas
HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

'Say can do, then drive on!'

MSC officer, master in many fields, owes all to military

The "fruit salad" of his medals reach from the left shirt pocket nearly to his shoulder. They include the Silver Star, Bronze Star for valor, Air Medal, Army Commendation Medal for valor with two oak leaf clusters, the Purple Heart, Army Good Conduct, Vietnam Service, Vietnam Campaign, National Defense, Vietnam Cross of Gallantry and several other unit and personnel awards.

He's in the Navy now as a Medical Service Corps (MSC) officer serving at Naval Regional Medical Center Oakland as supervisor of the Outpatient Pharmacy. He is Lieutenant (junior grade) Roger Dean Edwards, and his career goal at the moment is to augment to regular Navy status.

From Spokane, Wash., with parents living in Hermiston, Ore., Lieutenant Edwards once played on the soccer team of Washington State University. He first entered the Coast Guard where he received training as a corpsman, emergency medical technician, paramedic and firefighter. The next stint in his 12-year military record saw him in the Army, which also trained him progressively as a corpsman, as a nurse, then as a physician assistant. It

also gave him flight training.

He then studied under the GI bill to become a pharmacist; received tuition assistance from the Navy and will earn a master's in health care from University of Northern Colorado next month. Next will come study with Columbia Pacific University for a doctorate in the same field.

His military billets took him to the coast Guard Air Station at Port Angeles, Wash., then as a Coast Guardsman to the U. S. Public Health Service Hospital in Seattle, to Government Island at Alameda, and as a student to the Hospital Corps School in San Diego.

The Army sent him to assignments at Fort Lewis, Wash., Valley Forge General Hospital in Philadelphia, Fort Sam Houston, Tex., and to the Republic of Vietnam.

Lieutenant Edwards then received MSC indoctrination at Bethesda and served with the Navy on recruiting duty in Phoenix, Ariz., before transfer to NRMCO Oakland a year ago.

When asked to pass along some advice to young corpsmen, the well-rounded officer replied:

"I feel that everyone in the mili-

tary should try to take advantage of all the educational opportunities that they possibly can. It's a good way to receive training that could be useful when the individual leaves the service, be it after one term or 20 or more years.

"The only other options that the individual has is to waste every minute of his or her enlistment, or become apathetic and just exist. These last two options usually lead to trouble. As long as an individual is going to be in the service he might as well make the best of it. Most of the MSC officers have prior service, and anyone who applies himself can also receive a commission. There are other ways that individuals can receive training leading to commissions in other corps of the Medical Department. All it takes is a little determination and fortitude.

"Just say 'can do' and then drive on!"

Lieutenant Edwards makes his home on Alameda Naval Air Station. He somehow finds time to be an active member of Kiwanis and a deacon in his Episcopal church. He also enjoys flying, long-distance running and photogra-

phy, and played on the MSC baseball team here last summer.



LTJG Roger Edwards

1980 PACE tests slated

There will be only one filing period for the 1980 Professional and Administrative Career Examination (PACE). It began Jan. 2 and will run to Feb. 15. Applicants who file during this period will be tested between March 1 and April 26.

PACE is the qualifying examination for a wide variety of entry level (GS-5 and 7) professional jobs in federal

agencies across the nation. An estimated 135,000 persons took the examination during Fiscal 1978, with some 7,600 selected for jobs.

Additional information regarding PACE can be obtained by contacting any Federal Job Information Center, or by writing the U. S. Office of Personnel Management, Washington, D.C. 20415.

Captain Bloom to visit here

Captain Joseph D. Bloom, Commanding Officer, Naval Medical Research and Development Command, Bethesda, will visit Naval Regional Medical Center Oakland next week to familiarize medical officers with opportunities available in the Navy's biomedical research community.

Dr. Bloom will make a presentation to interns and all interested staff and residents at 1 p.m., Jan. 10, in the Clinical Assembly on the third deck of Bldg. 500.

This conference is required for interns.

Avalanche of home loan applications puts crimp on Cal-Vet funds

An unprecedented volume of applications for Cal-Vet financed farm and home loans have caused a drain on the available funds for the programs, according to Virginia Mae Days, Director of the State Department of Veterans Affairs.

Effective Dec. 10, the Division of Farm and Home Purchases began issuing "commitment to purchase" letters, conditioned on the availability of sufficient funds and based on a preference category.

Miss Days said it appears that there is sufficient bond authorization to fund those applications filed before Dec. 10. However, potential Cal-Vet borrowers who had not filed an application to purchase a farm or home with Cal-Vet funding by that date, may have to wait for their loan approval.

Those who filed before Dec. 10, she declared, will be completely processed, but those who filed on or after that date will be processed only to the conditional purchase letter. The preference categories for processing the loans are:

• **No. 1 Priority:** Wounded and service-connected, disabled California veterans.

• **No. 2 Priority:** Unmarried spouses of veterans killed in action; former prisoners of war and unmarried spouses of service persons designated as missing in action.

• **No. 3 Priority:** Veterans applying within 10 years of their discharge or release.

• **No. 4 Priority:** All other applicants.

Cal-Vet loans are financed through general obligation bonds which must be approved by the voters. Although \$200 million of 1978 voter-approved bonds remain unsold, applications already on file as of the Dec. 10 cut-off date, will deplete that amount.

"Until we have additional funds available, the preference system will have to remain in effect; we see no other alternative," Miss Days said.

When there are additional funds available, applicants will be contacted according to preference category and the date of their application for completion of loan processing. In the meantime, if the Cal-Vet application has been filed with the department before obtaining financing and acquiring an interest of record in the property, financing from another source can be utilized without disqualifying the applicant for a Cal-Vet loan for the property described in the loan application.

Veterans are cautioned to apply at a Cal-Vet office before obtaining an interest of record in any property for which they want a Cal-Vet loan.

Various factors have resulted in Cal-Vet receiving the unprecedented volume of applications, Miss Days said. Among these are national financial conditions, high interest conventional loans, the shortage of conventional financing, and legislative changes to the Cal-Vet program, which make it the most attractive mortgage loan program presently available.

Time to count noses and check out how Americans have changed

The checklists for the great American nose count are rolling off the presses.

They are the census questionnaires, which soon will show how many more of us there are now than 10 years ago.

And, they will reveal how we are changing with the times, tuning our lifestyles to the energy crunch, social trends, and housing demands, reports the National Geographic Society.

By about this time next year, when the forms have been tallied, the Bureau of the Census expects to find 222 million people living under the Stars and Stripes.

That will be a nine percent increase over the 1970 census figures, the most recent of the population counts

that have been made every 10 years in one form or another since they were ordered by our founding fathers in 1790.

The main purpose of the count—now as 190 years ago—is to determine how many congressmen the citizens of each state can elect. The Constitution allots one congressman for every 30,000 people.

This year some of the questions reflect how Americans are changing with the times.

To the question that identifies members of a household, "partner" has been added to obtain statistics on the growing number of people who live together without being married.

As a result of increasing ethnic

awareness, the question on "race," which is not mentioned by name, now offers 15 choices of national origin, including Vietnamese, Samoan, and Guamanian. For the first time, an entire question asks about Hispanic heritage including Mexican, Mexican-American, Chicano, Cuban, and Puerto Rican.

An "alien" is "not a citizen" in the citizenship category.

On housing, "boat, tent, van..." are new alternative answers for the question on where people live, and "electric heat pump"—now increasingly used as a heater and air conditioner—is an addition to the question of forms of home heating.

Reflecting the energy crisis, the census questionnaire this year asks us how

long it takes to get home from work, and whether we travel, among other ways, by truck, van, motorcycle or bicycle.

In the 1980 survey of how many of us live in the United States, the Bureau of Census enumerators expect to miss some, but fewer, they hope, than the 2.5 percent they believe they overlooked 10 years ago.

In the first census in 1790, those the census taker missed were supposed to count themselves and add their names to a list posted in a public place. One overlooked citizen who had to add his name in Philadelphia was the man who ran that census, Secretary of State Thomas Jefferson. (AFPS)

For your info---

Wage rate schedule for NRMCO

(Editor's Note: Following are the new hourly pay scales for all wage grade civilian employees on the rolls of Naval Regional Medical Center Oakland. Although the comparability increase for these employees was just received within the past two weeks, the raises are retroactive to Nov. 18, 1979)

Job Title	Grade	Step	New Hourly Rate
Animal Caretaker	WG-5	5	\$ 9.04
Commissary General Foreman	WS-11	5	14.82
Commissary General Foreman	WS-10	5	14.63
Cook	WS-8	5	13.73
Cook	WS-8	3	12.75
Cook	WS-8	1	11.77
Cook (Acting Foreman)	WG-8	5	10.36
Cook	WG-8	5	9.97
Cook	WG-5	5	9.04
Cook	WG-5	4	8.72
Cook	WG-5	3	8.39
Electronics Mechanic	WG-11	5	11.68
Food Service Worker	WS-2	2	9.90
Food Service Worker	WL-2	5	8.23
Food Service Worker	WG-4	5	8.59
Food Service Worker	WG-4	3	7.98
Food Service Worker	WG-2	5	7.72
Food Service Worker	WG-2	4	7.44
Food Service Worker	WG-2	3	7.17
Food Service Worker	WG-2	2	6.89
Food Service Worker	WG-2	1	6.61
Housekeeping Aid	WS-2	5	11.09
Housekeeping Aid	WS-2	4	10.69
Housekeeping Aid	WG-2	5	7.72
Housekeeping Aid	WG-2	4	7.44
Housekeeping Aid	WG-2	3	7.17
Housekeeping Aid	WG-2	2	6.89
Housekeeping Aid	WG-1	4	7.02
Housekeeping Aid	WG-1	3	6.76
Housekeeping Aid	WG-1	2	6.50
Housekeeping Aid	WG-1	1	6.24
Laboratory Worker	WG-3	5	8.15
Laborer	WG-3	5	8.15
Laborer	WG-3	3	7.57
Laborer	WG-2	1	6.61
Laundry Foreman	WS-4	5	11.97
Laundry Machine Operator	WL-4	4	9.12
Laundry Worker	WL-1	4	7.72
Laundry Machine Operator	WG-4	5	8.59
Laundry Machine Operator	WG-4	4	8.28
Laundry Machine Operator	WG-4	2	7.67
Laundry Worker	WG-2	5	7.72
Laundry Worker	WG-1	5	7.28
Laundry Worker	WG-1	4	7.02
Laundry Worker	WG-1	2	6.50
Laundry Worker	WG-1	1	6.24
Meatcutter Worker	WG-5	4	8.72
Medical Equipment Repairer	WD-11	2	13.76
Medical Equipment Repairer	WG-11	3	10.85
Model Maker	WG-14	5	13.01
Motor Vehicle Operator	WS-6	2	11.48
Motor Vehicle Operator	WG-7	5	9.92
Motor Vehicle Operator	WG-6	-	9.55
Motor Vehicle Operator	WG-5	5	9.04
Motor Vehicle Operator	WG-5	-	9.55
Planner and Estimator	WD-8	5	14.63
Planner and Estimator	WD-8	4	14.10
Sewing Machine Operator	WG-3	5	8.15
Warehouseman	WL-7	5	13.31
Warehouseman	WL-5	5	9.95
Warehouseman	WG-6	-	9.55
Warehouseman	WG-6	5	9.49
Warehouseman	WG-5	-	9.14
Warehouseman	WG-5	5	9.04
Warehouseman	WG-5	4	8.72
Warehouseman	WG-5	2	8.07
Warehouseman	WG-5	1	7.75

Other wage grade employees have their work site at Oak Knoll, but are employees of the Public Works Center. Their job titles and pay schedules are not available to *Oak Leaf*.

Heads up for CPO hopefuls

Examinations for active duty candidates eligible and recommended to compete for advancement to Chief Petty Officer will be administered to active duty candidates on Thursday, Jan. 17. Exams for inactive duty candidates will be administered in February.

See BuPers Notice 1418 of Nov. 20, 1979, for complete information.

Proposed OPM garnishment regs

The U. S. Office of Personnel Management (OPM) has published proposed regulations for processing garnishments for alimony and child support obligations. The regulations apply to military personnel, federal employees in the executive branch, District of Columbia government employees, federal and D.C. annuitants, and recipients of basic Social Security or Workmen's Compensation.

The proposed regulations were published in the Federal Register on Oct. 19. All comments received during a 60-day period will be considered before final regulations are issued.

The President authorized OPM to issue the regulations. Drafted after consulting with the Justice Department, the Defense Department and the D.C. Government, the proposed regulations are designed to provide uniform implementation of the garnishment provisions which Congress added to the Social Security Act in 1975 and 1977.

The proposed regulations provide that federal salaries and annuities may be garnished; other moneys or funds held by the government not payable for personal services, are not generally subject to garnishment.

Before the changes in law, these moneys could not be garnished because a garnishment action is brought against an employer rather than an employee, and the government has not waived its sovereign immunity, thus not permitting such actions.

The proposal contemplates that individuals wishing to bring garnishment actions will proceed in local courts which are authorized to issue garnishment orders or similar legal processes, or pursuant to other procedures established by state law.

The court order should name the delinquent debtor's employing agency, or the agency which administers the disbursement program, as garnishee.

The original garnishment order, together with specific identifying information concerning the debtor, if known, should be sent by registered or certified mail, "Return Receipt Requested," to the appropriate agency.

The OPM plans to publish an appendix to the final regulations which will include a list of officials designated by each executive branch agency to receive garnishment orders. This is expected to speed the garnishment process. (NES)

Applications to be accepted all year for Medical Clerk

Applications will be taken until Dec. 31, 1980 for the job of Medical Clerk, GS-4, with Nursing Service at Naval Regional Medical Center Oakland.

Personnel selected may be assigned to either the 7 a.m. to 3:30 p.m. or 2:30 to 11 p.m. shifts.

One year of general and one year of specialized experience is required.

For more details, call Civilian Personnel Service, Ext. 2116.

Room rate up

The daily room rate at the lodge on base will be raised effective Jan. 21, it has been announced.

A survey conducted by Navy Resale and Services Support Office last spring reported that the average commercial rate in the Oakland area was then \$22, and the new military rate will be half that amount.

The motel at Oak Knoll is managed by the Navy Exchange. Its patrons are usually next of kin of critically ill patients of the medical center.

People make news ---

'Sailor of Month' here is Chaplain's Assistant

In less than a year at Naval Regional Medical Center Oakland, Religious Program Specialist Third Class Brian J. Carroll set such a record of performance that he was named "Sailor of the Month" for November.

The 20-year-old Navy man, who has two-and-a-half years' of service, came to Oak Knoll 10 months ago and has been assigned as a chaplain's assistant. His previous duty was in the same role with the Second Battalion, Sixth Marines, Camp Lejeune, N.C. He has also completed a chapel management specialist course while in the Navy, and wears the rifle sharp-shooter ribbon.

Now enrolled in Southern Illinois University classes here, Petty Officer Carroll is working toward a bachelor of science degree in health care administration. Future plans include study with University of Northern Colorado for a master's, and from there, hopes for a commission in the Medical Service Corps.

The chaplain's assistant and his wife Dawn make their home at Oak Knoll and enjoy jogging together.

Petty Officer Carroll is the son of Mr. and Mrs. James Carroll of Melbourne, Fla.

Kudos.....

LETTERS OF COMMENDATION

Commander Charles Spielman, Medical Corps

Lieutenant Commander Marcia Sherrard, Nurse Corps

Lieutenant Commander Richard Mes, Medical Corps

Lieutenant Commander Bonnie Potter, Medical Corps

Lieutenant Paul Garst, Medical Corps

Lieutenant Penny Turner, Nurse Corps

Lieutenant Bruce Custis, Medical Service Corps

Hospital Corpsman Second Class Vicki Ann Ridgway, Patient Affairs

GOOD CONDUCT AWARDS

Chief Hospital Corpsman Herbert W. Law Education and Training (fifth award)

Chief Hospital Corpsman Phillip M. O'Shea, formerly of Lab School (second award)

Hospital Corpsman First Class Melissa Diane Elliott, Alameda Branch Clinic (second award)

Hospital Corpsman Second Class Albert Franklin Bates, Jr., Manpower

Hospital Corpsman First Class Ivory W. Taylor, Preventive Medicine (third award)

Chief Hospital Corpsman Alfonso A. Esporo, Jr., X-Ray School instructor (third award)

Master Chief Hospital Corpsman Lawrence Davis, Jr., EOPS Detachment (sixth award)

Chief Hospital Corpsman Walter E. Kirby, Nursing Service (fourth award)



RP3 Brian J. Carroll

Dr. Murphy completes study

Lieutenant Commander William R.C. Murphy of Naval Regional Medical Center Oakland's Surgery Service staff was one of 19 students who recently completed a short, specialized course at the Marine Biological Laboratory in Woods Hole, Mass.

Dr. Murphy attended the course to learn the mechanics and limitations of three-dimensional quantitative analysis for use in his study of development of the human heart and research of congenital heart diseases.

The course, entitled "Quantitative Analysis of Electron Micrographs," offered its students methods of analyzing photographs taken through the microscope. The students also learned ways of interpreting that information quantitatively.

The program was designed for scientists who are actively involved in research and need to apply image analysis in their own laboratory work.

Other institutions represented by participants in the course were Oak Ridge National Laboratory; New York University Medical Center; Armed Forces Radiobiology Research Institute, Bethesda; Morehouse College, Atlanta; Tulane Medical Center; St. John Plant Science Laboratory, Honolulu; Northern Illinois University; Beth Israel Hospital, Boston; U.S. Department of Agriculture; Columbia University; East Carolina University; Eastern Virginia Medical School; University of Wisconsin; and the Ocean Research and Development Activity of the Department of the Navy.

Chief of Medicine --- Continued from Page 1

Homecoming (prisoner of war repatriation); became a charter member of Alameda County Hypertension Council; attended a medical officers training program in the use and abuse of alcohol and other sedative drugs; coordinated the Navy section of an American College of Physicians meeting; served as chairman of a committee on internal medicine at the Navy Surgeon General's specialty advisory conference; assisted in establishing Alcohol Rehabilitation Service and a podiatry residency program, and directed development of the cardiac rehabilitation program, among other achievements.

Certifications

Dr. Davis is a fellow of the American College of Physicians; Associate Clinical Professor of Medicine, University of California at San Francisco, and certified by the American Board of Internal Medicine. He holds a medical license from the state of California and has authored numerous professional papers.

Wife's role

Dr. Davis's wife, the former Patti Creighton, who will continue to serve as President of the NRMCO Officers' Auxiliary until the end of her term, was

also cited at the retirement ceremony for her support as a Navy wife. Mrs. Davis received a letter of appreciation from Admiral Lonergan and a bouquet of long-stemmed red roses.

Other members of the family include seven daughters, a grandson, and several others whom they consider "adopted children." Dr. Davis's mother, Mrs. Catherine Wood Davis lives in Berlin, Mass.

The physician and his wife will continue to make their home in Oakland, and as time permits, continue to pursue hobbies of skiing, sailing, history, literature and music.

Dr. Sandri new chief

NRMCO's new chairman of Medical Service will be Captain Sandro R. Sandri, who is expected to arrive at Oak Knoll this month from his previous billet with NRMCO Orlando, Fla. This will be Dr. Sandri's third assignment here. He was on the Internal Medicine staff from 1967 to 1972 and again in 1975-76.

He is the brother of Captain Piero Sandri, former Chief of Outpatient Service, who left here in 1979 to become chief of medicine at NRMCO, Bremerton, Wash.



RED CROSS LEADERS—At a recent Oakland-South Alameda County Red Cross Chapter's special volunteer recognition program, some 60 persons received award pins for a total of 590 years of service, and 160 more were honored with commendation awards. Here, from left, are Elbert S. Alston, Oakland, Chairman of the Red Cross Board; Captain Owen A. Hardage, Chief of Chaplains, Naval Regional Medical Center Oakland, and Oakland Attorney Joseph T. White, Jr., Vice Chairman of the board. All received commendation awards.

(RED CROSS PHOTO)

New rate, ranks for staff persons

Captain Philip Vogt, Pathology, and Nurse Corps Lieutenants (junior grade) Thomas L. Howe and Marcy Beck were promoted to rank indicated and Michael A. Dancy, Psychiatry Service, advanced to Hospital Corpsman Second Class.

Last Friday, William E. Clayton, Jr., Chairman of Urology Service, was promoted to the rank of captain.

In addition, over the past two weeks a high percentage of those officers whose names were previously pub-

lished as selected for the next rank, have been frocked.

Congratulations, all.

Curtis reenlists

Hospital Corpsman Third Class Vickie Curtis of the Naval Regional Medical Center Oakland staff has reenlisted for another hitch in the Navy.

Petty Officer Curtis is assigned to Laboratory Services.

Speaking of health care

It's time to do something about the fungus among us

Athletically active Navy people are all too familiar with and susceptible to "tinea pedis" and its first cousin, "tinea cruris."

Both men and women—young and old—are susceptible to these warm and cold weather afflictions which, when translated from Latin, become athlete's foot (*tinea pedis*), or a similar fungus infection of the groin and/or inner thigh (*tinea cruris*).

Tinea literally translates to ringworm which, in reality, is a nasty fungus infection. All fungi are not offensive, though. Mushrooms, for example, are members of a giant family of fungus.

But the microscopic relatives of a class of fungi that cause athlete's foot and groin or thigh infections are more closely identifiable to a fungal classification which causes mildew, wheat rust and corn smut.

Many types of fungi grow in an atmosphere characterized by darkness and moisture; all require a source of nourishment. In the case of athlete's foot and thigh fungi, the source of food is the outer layer of skin which physicians call the epidermis. Normal body warmth and perspiration also encourage the growth of fungi.

The epidermis is constantly being shed, especially during normal bathing and drying periods. The fungi which cause *tinea pedis* and *tinea cruris* devour only dead skin scales. Neither attacks living tissue. They do secrete a substance, however, that inflames the living skin beneath the epidermis, causing burning and itching sensations associated with the infection.

No one immune

No one is immune, but athletes are particularly vulnerable. They perspire a lot; they use common showers and locker rooms; they spend a good deal of time barefoot.

Fungi thrive in dark lockers which are usually located near high-humidity shower rooms. Thus, moisture and darkness, two conditions assisting the sur-

vival of fungi, are present at virtually every athletic facility—from the plush private golf club to the poorest bush league baseball stadium.

Athlete's foot and thigh fungi know no season; they thrive in hot or cold weather.

Fashion trends in this country also can have an effect on the possibility of infection. Today, people are spending more time wearing variations of the tennis shoe for jogging and leisure-time activities.

Synthetic fibers such as polyester have become increasingly popular in sportswear such as warm-up pants. Synthetic fibers don't "breathe" and absorb moisture as natural fibers like cotton do, thus increasing the risk of thigh and groin fungi.

Athlete's foot is characterized by peeling and cracking of skin between the toes—usually between the fourth and "little" toe. From there, it can spread to the soles of the feet and other parts of the body.

Thigh and groin fungi show up as red, scaly patches which are aggravated by friction caused by tight clothing and by the thighs rubbing against each other.

First line of defense

Careful attention to personal hygiene is the first line of defense against these afflictions. Exercise thorough drying after bathing; avoid using towels, articles of clothing belonging to others and, above all, as much as possible avoid going barefoot, since one infected person can transmit the infection to everyone sharing common facilities.

Underwear, socks and athletic supporters should be laundered and thoroughly dried, preferably in sunlight, after each use.

Loose-fitting clothing that allows free circulation of air also is advisable. Direct sunlight is a natural germicide and fungicide because its ultra violet rays kill the fungus spores that cause these infections.

In cases of severe, persistent infections, it's advisable to consult a physician.

New enrollment system mandatory for all health care eligibles

A new computer based enrollment system affecting all active duty and retired military personnel and their dependents and survivors will become effective early this year and will be used to record and verify their eligibility for military health and medical care benefits.

The Defense Enrollment/Eligibility Reporting System (DEERS) is aimed at improving the management and administration of the military health care system and eliminating waste and fraudulent practices, according to DoD officials.

Phase One starts soon

The first phase of the DEERS program will be conducted in selected areas of southeastern Virginia and northeastern North Carolina from February through April 1980. Subsequently, the system will be expanded to cover the rest of the country and overseas locations where military personnel and their dependents are assigned.

By 1982, more than nine million people are expected to be enrolled in DEERS. Their eligibility for military health care benefits will be certified and entered into a computerized data bank which will track their eligibility in the future.

Eligibility verified by data bank

Under the DEERS System, when a military person or dependent seeks medical service from a Uniformed Service health care facility, their eligibility can be verified by a telephone computer hook-up with the DEERS central data bank, which will be located in Monterey, Calif.

Until the system is well underway and all eligible persons have had the opportunity to become enrolled, no one will be denied necessary health care. Those who may later be proven ineligible, whether by circumstance or design, will be the object of administrative and/or legal action, including being billed by the government for services to which they were not legally entitled.

Enrollment procedures

For active duty and retired personnel, enrollment in DEERS will be virtually automatic, based on administrative actions carried out by each of the Uniformed Services.

Enrollment for dependents, however, will become the responsibility of the sponsor, and is expected to include use of an application form and proof of the dependent's eligibility for health care.

Dependents whose sponsors are not available, such as those whose spouses are deployed overseas, should report to the nearest military activity affiliated with their sponsor's service for assistance in enrolling in the system. The same is true of eligible survivors of deceased active duty and retired personnel.

Applications for enrollment of dependents will be available from personnel

offices at military facilities, which will also process the applications and review any verifying documents, such as marriage licenses, birth certificates, adoption papers and dependency forms.

Enrollment will be necessary whether or not dependents presently have identification cards in their possession, DoD officials said. New persons entering the service and their dependents will automatically be enrolled in DEERS when their cards are first issued.

Massive undertaking

"Getting all of our military and dependent personnel enrolled in DEERS is a massive undertaking, but it is a necessary first step to developing an ongoing, reliable register of those entitled to health care by law," said Dr. Michael Mestrovich, Director of Health Systems Planning for the DoD.

In addition to reducing fraud, the DEERS will result in a number of benefits to the military community, Dr. Mestrovich said.

"Right now, we don't know exactly how many people are legitimately entitled to military health care, despite all the record-keeping and files maintained by DoD and the services. With DEERS, we will have a much improved and more accurate system for planning health care budgets, personnel requirements and facilities and thus be able to provide better medical care to the military community," he said.

Fraud reduced

By establishing a rapid means of verifying eligibility on the spot through use of the computer data bank, fraudulent practices will be reduced and the military health care system, including direct care at military facilities and use of CHAMPUS, will be improved, he said.

During Phase One of DEERS, techniques for processing dependent applications for enrollment will be refined for use in the expanded nationwide program. Approximately 400,000 persons in Virginia and North Carolina are expected to be enrolled between February and April 1980.

Phase One will also be used to determine the most effective methods of reaching eligible dependents who are outside the normal chain of military and dependent communications. This includes dependents of active duty personnel who are away on overseas deployment and eligible survivors of deceased members.

"One of our biggest challenges in building the DEERS data bank is getting the word to those eligible dependents who are not in direct contact with their sponsor's service," Dr. Mestrovich said. "They must be made aware as soon as possible of the requirement to enroll DEERS in order to continue receiving their health care benefits." (AFPS)

New NRMC location in San Diego

The Department of the Navy has announced its decision to construct a new Naval Regional Medical Center on a site in Florida Canyon adjacent to the existing hospital in Balboa Park, San Diego, Calif.

The facility is slated to include a 560-bed acute care and 230-bed light care hospital, outpatient and emergency care facilities, the Naval School of Health Sciences, and parking for 3,400 cars.

Design and construction of the new medical center will be accomplished with sensitive awareness of the environment of Florida Canyon. Preservation of native plant species and rare specimen trees, along with provision for reconstruction of roads and accesses will be featured in the plans. Additionally, the city of San Diego will have the opportunity to acquire acreage at Inspiration Point, where the medical center is now located, an area approximately equal in size to the Florida Canyon site.

Red Cross life-saving course offered here

For those who have substantial swimming and diving skills but would like to improve them in the interests of life saving, the Oakland-South Alameda County Red Cross Chapter offers a 10-session Advance Life Saving course starting Monday evening.

All classes will be held from 7 to 9 p.m. at the swimming pool at Naval Regional Medical Center, Oakland. The Monday and Thursday sessions will be held Jan. 7, 10, 14, 17, 21, 24, 28 and 31 and Feb. 4 and 7. Minimum age is 15 years.

Applicants must be able to pass the test. Perform a standing front dive in reasonably good form; swim 500 yards continuously using a front crawl stroke, a sidestroke, a stroke done on the back using an inverted scissors or breaststroke kick and a breaststroke. In addition, applicants must dive from the surface to a minimum depth of eight feet and swim 20 feet under water, as well as tread water for one minute.

Preregistration is required. To register or obtain further information, call Barbara Shumate at 533-2321, extension 13.

With the family ---

Brownies invested into GSA

Brownie Troop 496 was recently invested into the Girl Scouts of America in ceremonies held at Oak Knoll's Education and Training Building. Ann Mottinger, leader, and Mary Beth Rabold, assistant leader, gave the welcome and presented the Brownies to parents and guests. A program followed in the form of a play. At the end, Brownie pins were given to the girls. Monica Sullivan received a certificate thanking her for her volunteer help. Among the special guests present were Captain and Mrs. Louis U. Pulicichio and Mrs. Pat Sullivan.

New annuity benefits for children

"Illegitimate" children of deceased Civil Service employees or members of Congress from throughout the country are now eligible for survivor annuity benefits on the same basis as other surviving children, as the result of a recent federal court decision in the District of Columbia. Between 10,000 and 22,000 children are affected by the court's ruling. Many of them are now eligible for benefits of at least \$135 per month. A provision of the Civil Service survivor annuity law, which restricted survivor benefits to those "illegitimate" children who were "living with" their Civil Service parent at the time of the parent's death, has been declared unconstitutional. Judge Charles R. Richey of the District of Columbia Federal District Court ruled that all "illegitimate" children whose Civil Service parent died on or after Feb. 24, 1972, are entitled to back (retroactive) benefits which the Office of Personnel Management (formerly, the Civil Service Commission) improperly denied them. While the government has appealed the court's decision and has gone to the Supreme Court on a similar case, Richey ordered that some of the children in the nationwide class action must receive benefits immediately. Under the court's recent order, children whose Civil Service parent died after February 1972 and who were 18 years of age or younger as of Dec. 1, 1977, may be entitled to current and future benefits now. Persons who think they may be eligible for benefits or who know about children who may be eligible, should visit or call the Office of Personnel Management, 1900 E Street, N. W., Washington, D.C. 20415. The telephone number is (202) 632-7700. (NES)



THE BROWNIE TROOP—Members of Brownie Troop 496 who participated in a recent Oak Knoll ceremony were, back row (l to r): Monica Sullivan, Cheryl Martin, Leslie Lay, Marie Rabold and Becky Watkins. Front row: Kristen Bloomquist, Dana Hodge, Kitty Somerville, Margaret Rabold, Jenny Vielbig and Kristin Lawson. Not present for the photo was Carrie O'Shea.

'Yours, mine, ours' —the role of stepparent can be difficult

More than four out of five people who get a divorce remarry. And that means an increasing number of stepfamilies. In fact, there may be as many as 15 million children who live at least part-time with a stepparent. Stepparents were the villains in some of the most famous fairy tales. Now, stepfamilies on television are immediately loving and close. The reality, though, is that most stepfamilies have some clashes, but they learn to adjust to each other with time and work. There are a number of things step

and natural parents can do to ease this adjustment period, according to the National Institute of Mental Health. Here are some suggestions: Examine your motives and those of your future spouse for marrying. The desire for an instant family or the need for a housekeeper are not good reasons for marriage. Get to know each other as well as possible under all sorts of circumstances. Make sure that children get to know the possible stepparent, too. Discuss the changes that will be

required to bring two families into one. This is particularly important when you talk about ideas on raising children. Explore with your children the effect remarriage will have on them. For instance, new family relationships, new living arrangements, differences in the relationship with the non-custodial parent. Consider your children's feelings, but don't allow them to make your decision about remarriage for you. And while the wedding is still in the future, talk over family finances. Money problems are common in many mar-

riages, but they can be doubly difficult when there is jealousy of child-support money coming in or going out. Once the new family is formed, let relationships develop gradually. After all, love at first sight is rare for adults, and it is even rarer when the child sees you as a replacement for a missing parent. So don't expect too much—either from the child or yourself. For more ideas, get a copy of the booklet, *Yours, Mine, and Ours*. It's \$1.30 from the Consumer Information Center, Pueblo, Colorado 81009.



Little acorns...

The following new additions to the Naval Regional Medical Center Oakland family have arrived at Oak Knoll: A baby boy to Hospitalman Delmer E. Roberson, Alameda Branch Clinic, and his wife Beverly, Dec. 7. A baby boy to Hospital Corpsman Second Class Michael A. Dancy, Psychiatry Service, and his wife Shirley, Dec. 12.

Want a horse? Try adopting

If you've always wanted to own a horse, but never wanted to buy one, now you may have a chance to get one. The government has a program called "Adopt-a-Horse" that helps qualified persons provide foster homes to wild

horses and burros from overpopulated lands out West. Interested? For more information, send for a free booklet. Write "Adopt-a-Horse," Box 25047, Denver, Colorado 80225.

Children's pubs free from CIC

The International Year of the Child has drawn to a close, but the Consumer Information Center still has numerous free children's publications that will serve as a reminder of the spirit of this special year for everyone who is a child, knows a child, or is still a child at heart. *The Thing the Professor Forgot*, a humorous publication with an important message, takes children on a journey in rhyme to learn about the four food groups. Kids are pretty quick to form tastes for favorite and unfavorite foods and sometimes you almost have to make a game of teaching them some basic nutrition information, which this publication does. Another side of childhood is learning to handle feelings like sadness, guilt, fear, joy and anger. Anger is one of the hardest. *Dealing with the Angry Child*, from the National Institute of Mental Health, helps parents better understand and deal with children's anger. *Smokey Bear's Story of the Forest*, from the U. S. Department of Agriculture, gets children involved in keeping the forests safe for all of us. Smokey tells just how to go about putting out matches and campfires so you'll know they're really out. Other free publications include *Children and Television*, *Helping Children Make Career Plans*, *Footsteps: A Parenting Guide*, and *A Parent's Guide to Childhood Immunization*. To get any of these publications, write to Consumer Information Center, Pueblo, Colo. 81009.

'Winter Festival'

"Winter Festival," a formal dinner dance, will be held at the Officers' Club at Oak Knoll on Jan. 19. For more information and reservations, call Mrs. Shirley Golden, 530-0825.

"Your kid takes after you."

(Maybe that's not a compliment.)

Bring the God you worship into your life... practice what you pray.

A Public Service of this Newspaper & the Advertising Council

Ad Council

RELIGION IN THE AMERICAN LIFE

Off duty - -

Qs and As of photo art

By David Wm. Hershenzon



(EDITOR'S NOTE: This issue introduces a new regular column written by a member of the NRMCO staff. If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)

Q. I really enjoy taking scenic pictures, but most of mine seem dull and lifeless compared to those I've seen in various magazines. What can I do to improve them?

A. Well, you can start by learning a few basic rules of photographic composition. For example, never place the horizon line in the exact middle of a shot, but always toward the upper or lower one-third of the frame for better overall balance. If a particularly dramatic sunset is taking place, you might want to include more sky and less land. Should you be photographing a seascape and the sky and clouds aren't all that impressive then put the horizon line near the upper part of the viewfinder so as to include more of the water in the foreground. Another technique frequently employed by experienced photographers is that of using objects in the surrounding area (overhanging tree branches, the archway of a door, etc.) to naturally frame the main subject they are photographing. The hint on framing can apply to photography of people as well.

Q. I have some color slides I shot while on vacation and would now like to have blowups made to hang on my wall. Can you tell me what the various methods are for achieving this and which one will render the best quality?

A. Thanks to technological advances in photographic chemistry and printing papers, it is now possible to get very high quality prints

made directly from your original color slides (also known as color transparencies). Although several companies produce materials for the positive-to-positive printing method, it is frequently referred to as a Type "R" print (reversal). Two of the most well-known methods are available through most custom labs. One is Kodak's and the other is Cibachrome, which is said to yield exceptionally saturated colors as well as being fade free. However, both will give excellent results in the hands of an experienced color printer. Another way to go is via the color inter-negative route. This is a color negative made from your slide either by the contact or enlargement method onto special color internegative film that is low in contrast, so that as you go through each generation (slide to interneg-interneg to print) there is no additional buildup in contrast. Internegatives may be made in any size from 2 1/4 square, to 70mm, to 4x5 and even 8x10. The advantage to the internegative printing method is that in making it (the negative), a slide or transparency may be cropped, color-balanced or color-"shifted." In addition, while it's next to impossible to retouch a 35mm slide or negative, it is relatively easy on a 4x5 negative. For prints up to and including 11"x14", order a 4"x5" or smaller internegative. For 16"x20" and larger prints, or if you need custom work done (retouching, burning, dodging, etc.), be sure to order a 4"x5" internegative.

Wrestling champs decided Jan. 26

The Eleventh Naval District North Wrestling Championships will be held in the gym at Treasure Island on Jan. 26, beginning at 8 a.m.

Each command, including Naval Regional Medical Center Oakland, may enter an unlimited number of entries in the following weight classes: 105.5 lbs.; 114.5 lbs.; 125.5 lbs.; 136.5 lbs.; 149.5 lbs.; 163 lbs.; 180.5 lbs.; 198 lbs.; 220 lbs.; and unlimited.

Entries will be taken from the weigh-in period of 8 to 9 a.m. on the day of the event.

AAU wrestling rules will be used in the tournament. Team scoring will be based on five points for first place, three points for second, and one point for third.

Contact Ron Brown, Ext. 2479, for further entry information.

Share the ride to Tahoe skiing

Rides for Bay Area Commuters, Inc., has made it possible to match skiers to share rides to Tahoe area resorts.

If you'd like to receive a list of names and phone numbers of other skiers living near you, fill out a business reply card, posted at the Information Desk, Bldg. 500, and mail it in.

Here's an opportunity to conserve energy and meet new people at the same time.

★ ★ ★ MOVIES ★ ★ ★

Friday, Jan. 4 6 p.m.	Friday, Jan. 11 6 p.m.
ABBA THE MOVIE—Robert Hughes, Tom Oliver—Musical G	WANDA NEVADA—Brooke Shields, Peter Fonda—Drama PG
Saturday, Jan. 5 2 p.m.	Saturday, Jan. 12 2 p.m.
THE LAST WALTZ—The Band, Bob Dylan—Musical Rock PG	JUNGLEBOOK—Pirri Harris, Sebastian Cabot—Animated G
3:55 p.m.	3:30 p.m.
THE LEGEND OF THE NORTHWEST—Marshall Reed, Joey Reed—Adventure G	RETURN FROM WITCH MOUNTAIN—Christopher Lee, Bette Davis—Comedy G
Sunday, Jan. 6 6 p.m.	Sunday, Jan. 13 6 p.m.
IT LIVES AGAIN—Frederick Forrest, Kathleen Lloyd—Horror R	IN THE DEVIL'S GARDEN—Suzy Kendall, Frank Finlay—Drama R
Monday, Jan. 7 6 p.m.	Monday, Jan. 14 6 p.m.
THE DRIVER—Ryan O'Neal, Bruce Dern—Drama R	HEAVEN CAN WAIT—Warren Beatty, Julie Christie—Comedy PG
Tuesday, Jan. 8 6 p.m.	Tuesday, Jan. 15 6 p.m.
THE FRISCO KID—Gene Wilder, Harrison Ford—Comedy PG	101 DALMATIANS—Animated G
Wednesday, Jan. 9 6 p.m.	Wednesday, Jan. 16 6 p.m.
THE AMITYVILLE HORROR—Rod Steiger, James Brolin—Horror R	APPLE DUMPLING GANG RIDES AGAIN—Don Knotts, Tim Conway—Western G
Thursday, Jan. 10 6 p.m.	Thursday, Jan. 17 6 p.m.
THE WANDERERS—John Friedrich, Karen Allen—Drama R	ASSAULT ON AGATHON—Nico Minardos, Nina Van Pallandt—Drama PG

Navy, MC museum seeks artifacts

San Francisco's Navy and Marine Corps Museum, located on Treasure Island would appreciate the donation of any material appropriate for historical displays of those two services in the Pacific since 1813, or original photographs, banners, costumes, souvenirs, etc. of the 1939-1940 Golden Gate International Exposition.

Military memorabilia, including model ships, weapons, uniforms, photographs, aircraft and military vehicles dealing with the American acquisition of California, the U. S. expansion in the Pacific, Boxer Rebellion, both World Wars, the Korean and Vietnam conflicts, are especially welcome.

The museum, now four years old and located on the site of the 1939-40 exposition, is the largest museum of its type in the western United States.

It is open to the public daily from 10 a.m. to 3:30 p.m. For further information, call (415) 765-6182.

Discounts available at Special Services

The Special Services Office, upstairs in Bldg. 38, is offering two attractive discount packages to Oak Knoll personnel:

- Applications are available for membership in the Carriage Trade Dinner Club. Membership entitles you to one free dinner, when another is purchased at the same time, in 55 Bay Area restaurants. Regular cost: \$20.

with discount: \$13

- A group discount is offered for membership in Wallbangers Racquet ball, which offers numerous privileges in addition to use of convenient courts near home.

If interested in either of these activities, call Ext. 2479, see the flyers on bulletin boards, or visit the Special Services Office.

Central YMCA offers classes

The Central YMCA is sponsoring a series of new classes in San Francisco.

Beginning Jan. 9 at Ft. Mason will be a six-week course in video programming. Skills presented will be useful for improving business videotapes, or for becoming a better informed viewer. Aesthetics, script writing, journalism, entertainment and audience appeal will

be covered.

On Jan. 15, Daniel Passuti, registered hypnotherapist, will offer classes in self-hypnosis. The instruction will focus on basic techniques as well as the ways self-hypnosis can be used for self-enhancement.

For information on either course, call the Central YMCA at 885-0460.

Bill XXI passes on; Long live Bill XXII

Bill XXI, the Naval Academy mascot, passed away Dec. 11.

The six-year-old Angora goat, which led academy gridders to a 16-7 won-

loss record over two years, has been succeeded by Bill XXII, 26th goat in a long line of Navy mascots dating from 1895.



THE OAK LEAF

Naval Regional Medical Center, Oakland
Vol. 42 No. 2 Friday, January 18, 1980

National Prayer Breakfast to be observed Feb. 7

Naval Regional Medical Center Oakland will join in the observance of the **National Prayer Breakfast** on Feb. 7, the date the President, Congress, Supreme Court, Cabinet officials and government and military leaders meet for prayer in Washington, D.C.

The **National Prayer Breakfast**, which dates from the first Presidential Breakfast in 1953, was founded on the idea that persons in positions of responsibility can meet together in prayer to rededicate themselves to the moral and spiritual values upon which our nation was established. Today around the world, some 70 countries hold annual prayer breakfasts in some form.

The local breakfast will be held in the third floor main dining room of the hospital beginning at 7 a.m., Feb. 7.

All staff, patients and their guests are invited and encouraged to attend.

After 20 years

Dr. Acord retires to civilian practice

Retirement ceremonies were held Jan. 7 in Clinical Assembly for Commander Loren D. Acord, who is ending 20 years with the U. S. Navy, eight of them spent at Naval Regional Medical Center Oakland.



PIPED ASHORE—Commander Loren D. Acord is "piped ashore" in traditional Navy fashion following a 20-year retirement. The clinical psychologist will take a civilian position with Kaiser Hospital in San Rafael.



NEW CHIEF OF MEDICINE—Captain Sandro R. Sandri has now reported and is occupying the position of Chairman, Medical Service at Naval Regional Medical Center Oakland. Dr. Sandri comes to Oakland from Naval Regional Medical Center Orlando, Fla. where he held the same assignment. No stranger to Oak Knoll, Captain Sandri was assigned here twice before—from 1967 to 1972 and again in 1975-76. His brother, Captain Piero Sandri, who until last year was also on the staff here, is chief of medicine at Naval Regional Medical Center Bremerton, Wash.



OAK KNOLL'S FIRST—Little Sheryl Ramos Pailma, shown here with her mother Celia, is Naval Regional Medical Center Oakland's first baby of 1980. Sheryl, weighing 5 lbs. 4 oz., arrived at 1:16 a.m., New Year's Day. Her father, Storekeeper Third Class Proceso Pailma, is assigned to Cubi Point in the Philippines. The baby was presented a layette by the American Red Cross.

Officially, Dr. Acord, who has been chief psychologist and chief of outpatient psychiatry here, will retire from the service Mar. 1. He has taken a position with Kaiser Hospital in San Rafael, where he will be clinical psychologist.

For his contributions to the Navy, Dr. Acord earned a letter of commendation from Rear Admiral Walter M. Lonergan, the region's commanding officer, and letters of appreciation from the Surgeon General of the Navy and the Director of the Medical Service Corps. A staff member on his service told this paper that he will be sorely missed by both personnel and patients.

The Medical Service Corps officer, the first clinical psychologist in the Navy to be board-certified, previously served at National Naval Medical Center Bethesda, Naval Regional Medical Center Philadelphia, Naval Hospital Guam, and at the headquarters of the Bureau of Medicine and Surgery. He was assigned to Oakland twice, 1967 to 1971, and from 1976 until last week.

Commander Acord, whose hometown is El Cajon, Calif., is a graduate of San Diego State and Western Reserve universities. He holds a bachelor of arts, a master of science and a doctorate of philosophy, and for his military service, the Meritorious Unit Citation and the National Defense Medal. He is a diplomate of the American Board of Professional Psychology.

The psychologist and his wife Patricia are parents of two daughters, Karen and Erin. The commander's mother, Mrs. Edythe Johnson, makes her home in El Cajon.

Dr. Acord enjoys hobbies of wood sculpture, and also makes musical instruments.

Appointments available at NSC for personal property shippers

Naval Supply Center Oakland this week began new rules for those applying for shipment of personal property.

Applicants, who in all cases must have valid orders in their possession, have a choice of making an advance appointment or walking in without appointment and waiting up to a half hour for service.

Appointments may be made for a specific time between 8 a.m. and 2 p.m., Monday through Friday (holidays excluded), by calling 466-5461 or 5462. If an appointment is not met, or cancelled prior to designated time, the member will not be rescheduled for another appointment, but must resort to the walk in application system unless there is a valid emergency, officials said.

The appointment method has been set up, they explained, to preclude excessive waiting time or hardship on those shipping personal property.

Inside:

Defense energy update	P2
It happened 69 years ago	P3
Fat, Sassy fish	P4
Frocking, advancements	P5
Primary care symposium	P6
Land swindles	P7
Meds lead basketball	P8

Editorial ---

Chaplain's Corner: 'What I am to be, I am now becoming'

By Commander John Q. Leshner
Chaplain Corps., U.S. Navy

Another year has come and one has passed into history, soon to be forgotten except for a few important events. At the time of this writing, American hostages are still held prisoner in Iran and Soviet troops are "digging in" in Afghanistan. These two events will surely be remembered for a long time.

But some of the things forgotten along with 1979 are the resolutions we make for the New Year. I'm not sure when or where this practice started but it holds the connotation of starting the New Year with a clean slate, and in making a resolution, an attempt of becoming a better person than we have been in the past. All of us would probably agree that there is always room for improvement—that we could be a better individual if we would only try.

I think the reason why so many New Year's resolutions are broken and soon forgotten is that we promise either to do or not to do something that is way beyond our capability (or personal power). We are too quick to set our goals beyond our reach, failing to distinguish what we would like to accomplish. To be sure, we ought to establish goals and standards that are challenging and uplifting, but these aims should also be reasonable. A resolution should be of such a nature that to accomplish it would demand some effort on our part, but also challenging

enough that we realize it won't be easy—that we might need some kind of help. When we finally achieve our goal, some people attribute their success to God or spiritual strength.

There is a certain amount of inner power which we all possess. It enables us to accomplish that which must be done. Some people have more inner power than others, and therefore, need little or no outside help. But some of us need all the help we can get.

Once we accomplish something, or reach a goal, or overcome an obstacle, we can look back and say, "I did that!" And then we can look into the future and say, "If I accomplished my first goal, why can't I go on and do something better?"

This question indicates that there must be a strong foundation on which to stand and accomplish something better. It implies that if we are going to be a better person this year than we were last year, we have to start right now.

A good motto for daily living is, "What I am to be, I am now becoming." What we do today is our foundation for the kind of person we will be tomorrow.

Part I

Defense Energy: Update on a grave problem

By George Marienthal
Deputy Assistant Secretary of Defense
(Energy, Environment and Safety)

Thirty-eight years ago last month, the United States was thrust into the worldwide maelstrom of World War II, with its monumental costs in lives, dollars and resources. Thirty-eight years from now might well mark the beginning of an even more catastrophic event, one that could turn civilization backward and leave almost no one on the planet untouched. **2017 is the year when some of the foremost experts predict the world's supply of petroleum will run out.**

The end of oil will not, of course, come with a bang. It will be more like the Chinese water torture than the guillotine. With every passing year, there will be less oil available for the consumer. Prices will rise inexorably. Everything which is tied to energy will increase in cost as the cost of energy climbs. In a modern, industrial society, it is hard to imagine many goods or services which are not inextricably linked to energy.

The poor will be the first affected. Poor nations, with low foreign exchange reserves but a desperate need for capital, will be forced to revert to a pre-industrial society. Poor people in the developed nations will find it impossible to afford to drive a car, heat their homes comfortably in winter, or cool them in summer.

As the situation worsens, small businesses will fail, large industries with high energy needs will be hard-pressed to stay solvent, suburbs which are not served by mass transit will wither, cities will become much more crowded and recreation which is energy intensive will disappear for all but the super rich.

All of this will happen if we fail to take the hard steps now to ensure energy for the future. There is only one certainty, and that is that there is a finite limit on petroleum; it will be expended within a few decades. There is a strong probability that energy will never again be as cheap as it has been in the past. Therefore, our lives will require some major overhauls in values, practices, and habits. **The key to preventing a disaster in 38 years is to alter our living now while there is still time.** By far the cheapest oil is the oil which we already have but do not use. In other words, we need to prevent waste, conserve what we have, and find ways of converting to renewables. **The nation's very survival depends on it.**

None of this is really a surprise to anyone. Since the oil embargo in 1973, there has been growing awareness in all sectors of the society of our dependence on foreign oil and our diminishing energy resources at home. There have been countless editorials penned, books and magazine articles written, talk shows monopolized. Politicians at the national and state levels have spent countless hours debating the pros and cons of various strategies for dealing with the energy crisis. And most of us have suffered through the frustrations of maddening lines at the gas pumps. Our consciousness has been raised, if that were necessary, when heating bills arrived last winter. The Iranian revolution threw fear into us far out of proportion to the percentage of our energy which was affected—because it demonstrated dramatically the tenuous dependence we find ourselves in as a nation.

Long-term outlook

But what about the long-term results? As we look around, we find that the

profligate driving habits of past years began to reappear as the gas lines disappeared. Use of mass transit transportation systems declined to nearly the levels of pre-Iran. Car pools broke up. It is still possible to examine the commuting arteries that lead into all our major cities and find that as many as nine times the number of cars carry only the driver for each car which has one additional passenger. **We continue to expend the energy necessary to move several thousand pounds of steel, glass and rubber for a payload of 160 pounds of human flesh.**

In offices and homes, we have done a little better. President Carter's restriction on space cooling and heating temperatures has undoubtedly saved many thousands of barrels of oil. Millions of Americans have followed suit by changing their home thermostats to conform with the standards for public buildings. Under the pressure of dramatic increases in fuel costs, other millions have insulated their homes to higher levels, caulked and weatherstripped, and been more careful about open doors.

Offsetting these gains, however, is the continuing high energy demands of our recreation. Most of us find a change of pace from our weekly work in areas away from the metropolitan areas—the beaches, on lakes and ski slopes. It takes more energy to get there, particularly when recreation vehicles are utilized that obtain only a few miles to the gallon of gasoline. For many, the actual recreation requires more energy. Motorcycles, boats, small aircraft all consume energy.

Some have said that technology will conquer all. It's just a question of time until somehow science will find the key, the cheap renewable, non-polluting source. **Reality, however, shows a much different picture.** For each of the known sources of energy, there is a drawback. Petroleum is limited, and the cost is high and will continue to escalate exponentially. Nuclear energy is enormously expensive and is fraught with political opposition, based on fears for safety in the wake of Three Mile Island. Coal is available, but burning it causes environmental problems and may be producing the greenhouse effect that many scientists fear will melt the polar icecaps—with deleterious results for all low-lying littoral areas. Solar energy is not yet cost-efficient in most areas, except for hot water heating and retrofit projects on existing buildings require a substantial capital outlay.

(Command Policy, December 1979) (To be continued)

Cold-hearted culprit rips off memorial to cancer victim

If there's someone here with a heart of pure ice, he or she has to be the person who stole the stereo am/fm receiver and cassette deck lifted during the early morning hours from the Hematology/Oncology Clinic on the day after Christmas.

Last June retired Navy Lieutenant James C. Winton died here of Hodgkins disease. In his memory, his widow Inez of San Leandro, their son Lieutenant James Winton, Jr. of Treasure Island, and daughter-in-law Lieutenant (junior grade) Mary Ellen Winton of the Oak Knoll staff, plus other members of the family and friends donated a stereo set and cassette deck to Naval Regional Medical Center Oakland.

Since then, the equipment, valued at more than \$400, has helped pass the time for cancer patients while they receive chemotherapy, which sometimes takes several hours.

On Dec. 26, sometime between 6 and 7:45 a.m. before the clinic staff reported for work, a thief broke into the cabinet to which the stereo was secured, releasing the bolts holding both the stereo receiver and cassette and stealing all parts of the unit except the speakers, which he/she apparently didn't have enough time to unbolt.

Because of this theft, cancer patients at Oak Knoll no longer have the pleasant distraction of background music. Although they undoubtedly feel the loss, the pity should go to the person who committed this criminal act, for things have a way of balancing out, and it is quite likely he'll spend the rest of his days not with beautiful music, but more likely on a very sour note.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADMW, M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicichio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HN Rick Pappas

HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

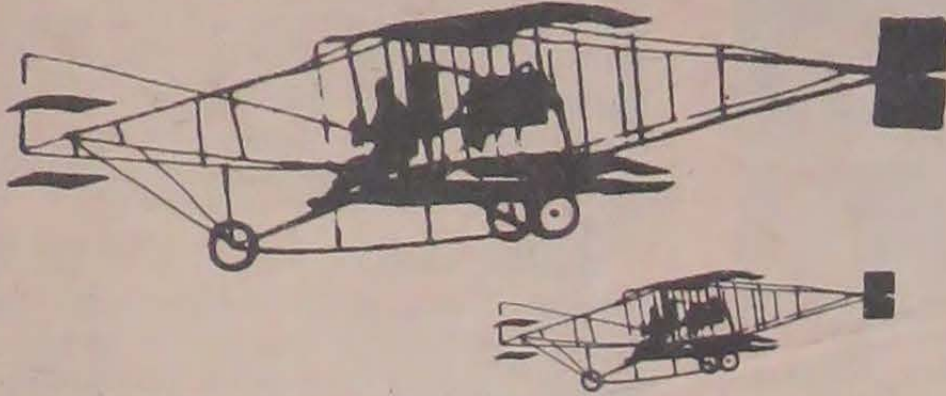
Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

The first carrier landing: It happened in SF Bay 69 years ago today



Ely prior to take-off for the cruiser *Pennsylvania*. Note his bicycle inner tube life preserver, padded football helmet and restraining ropes tied around his shoulders.

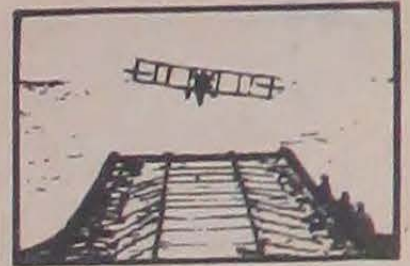
The first "carrier deck" landing was made by Eugene Ely on Jan. 18, 1911, aboard the cruiser *USS Pennsylvania* in San Francisco Bay. The flight deck was a 30-foot wide, 120-foot long wooden platform built on the stern of *Pennsylvania*. A "tail hook" had been jury-rigged to the bottom of the plane. The arresting gear was composed of several ropes strung across the deck and weighted at each end by sea bags filled with sand.



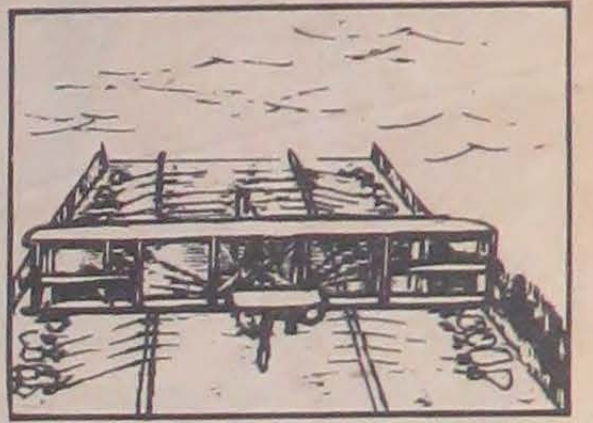
One hundred yards astern, Ely banked for his final approach...



...nosing his plane down, he caught the eleventh and succeeding wires, making history's first shipboard arrested landing.



...just before touching down, an updraft boosted Ely over the first 10 lines...



'Navy's greatest strength lies in its people'

The new Secretary of the Navy, Edward Hidalgo, served as Assistant Secretary of the Navy (Manpower, Reserve Affairs and Logistics) for the past 30 months. He succeeded W. Graham Clayton, Jr.—who now serves as Deputy Secretary of Defense—in a ceremony held at the Pentagon the end of October.

"I am deeply grateful for the experience of the last two and a half years," said Secretary Hidalgo. "It permitted me to see the Navy, in my third visitation, from a different perspective. Now, I'm seeing it again from a slightly different one."

The new secretary was born in Mexico City, Mexico, on Oct. 12, 1912, and came to Los Angeles with his family when he was five years old. A few years later, the Hidalgos moved to New York City.

Graduating from Holy Cross College (Magna cum laude) in 1933 and Columbia Law School in 1936, he was a clerk of the Second Circuit Court of Appeals for a year before joining a New York law firm.

He served in the Navy as a lieutenant during World War II, primarily as an air

intelligence officer aboard the carrier *Enterprise* in the Pacific. He saw action during the Lingayen Gulf, Iwo Jima and Okinawa operations, and earned a bronze star for that duty. Off Okinawa, on May 14, 1945, the *Enterprise* was repeatedly attacked by kamikazes and so severely damaged that she was withdrawn from the war zone and sent back to the states for repairs.

Secretary Hidalgo, upon arrival in the United States, received orders for duty in Washington where he served four months on the Eberstadt Committee, working on problems dealing with unification of the services. Later, he became a special assistant to Secretary of the Navy James Forrestal.

Speaking of his service in World War II, the secretary said, "I had come from another country. I received a lot of benefits, along with some of the difficulties that life in general presents, and this was something that needed recognition for my own satisfaction."

During his term as Assistant Secretary, Edward Hidalgo spent 18 months trying to settle the shipbuilders' claims against the Navy—a figure that reached an unprecedented \$2.7 bil-

lion—\$2.4 billion of which stemmed from just three major shipyards.

"I had done a great deal of negotiating in my life," he said, "in the law and private life... Sometimes you need infinite patience and self-control."

"The key to it was to break down some of the antagonism that existed toward the solution of this matter."

Concerning the Navy's present strengths and weaknesses, Secretary

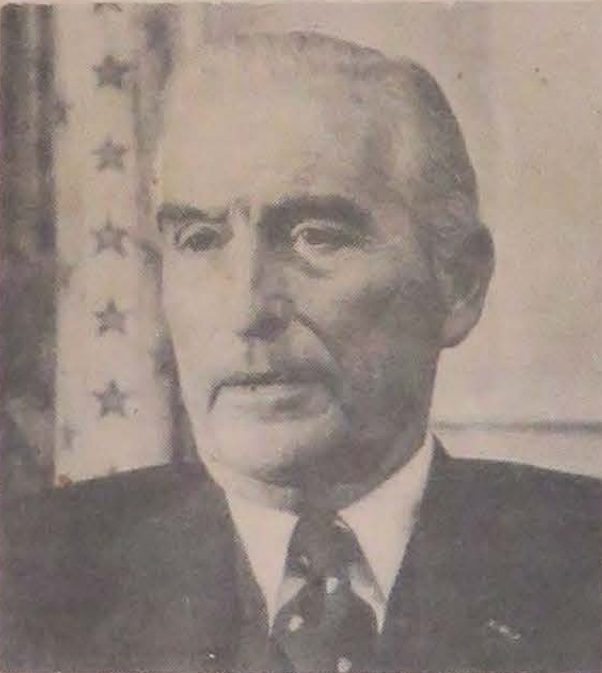
Hidalgo states that the Navy's greatest strength lies in its people. Its next strength, as he sees it, is its high technology.

"Every day I hear of some new development that we have. It's mind-boggling that we have huge talents in this area working very closely with private industry. We couldn't do it without private industry."

As for its weaknesses, he said, "Unless our shipbuilding rate increases in the next few years, and I mean immediately in the next few years, we're going to find ourselves in a very difficult declining curve."

Retention of second-termers, the Navy's middle managers, was cited by the secretary as a serious problem to which there is no simple answer.

But he states he is an optimist. "I think there are many initiatives that are under way right now that I trust will lead us to at least a significant solution to the problem." (A more detailed profile of Secretary Hidalgo appears in the January 1980 issue of *All Hands Magazine*.) (NES)



SECNAV Edward Hidalgo

Dividend windfall for veterans with GI life insurance policies

The Veterans Administration will pay a record \$566 million in dividends during 1980 to 4.1 million veterans holding GI life insurance policies, Administrator of Veterans Affairs Max Cleland has announced.

The figure is an \$81 million increase over the amount paid in 1979.

In California \$69,212,000 in dividends will be paid to 477,012 eligible policy holders.

The agency will make the payments throughout the year on the anniversary dates of individual policies kept in force from World War I, World War II and the Korean Conflict.

All VA insurance dividends are made automatically and there is no need for policyholders to apply for them or to contact VA about them, Cleland said.

He reported that 3,304,000 veterans still holding World War II GI insurance policies will receive dividends of nearly \$491 million, an average payment of \$149. The 1978 average dividend on these policies was \$128.

Payment to 517,000 Korean Conflict veterans who kept their GI insurance in force will total nearly \$32 million, an average payment of \$62, up from \$48 in 1979.

The 93,300 World War I policyholders will receive \$27.8 million, an average of \$298 each. The 1979 figure was \$256.

Certain World War II and Korean Conflict veterans with service-connected, or serious non-service-connected, disabilities will receive dividends for the first time on their insurance policies in 1980. A total of \$15.75 million will go to 168,000 holders of these special policies, an average dividend of \$94.

Cleland said the amount of dividends paid during the year will vary with each veteran according to the type of policy, amount of insurance, age at issue or renewal and the length of time the policy has been in force.

Dividends on VA insurance policies represent a return of funds not needed to pay the cost of the insurance. Dividends on most VA insurance programs have increased in recent years because the funds have been earning higher interest.

The higher interest rates have been of greatest benefit to those veterans who have converted their insurance plans to permanent type policies, rather than continuing to hold the original term policies, Cleland said.

Reverend King remembered

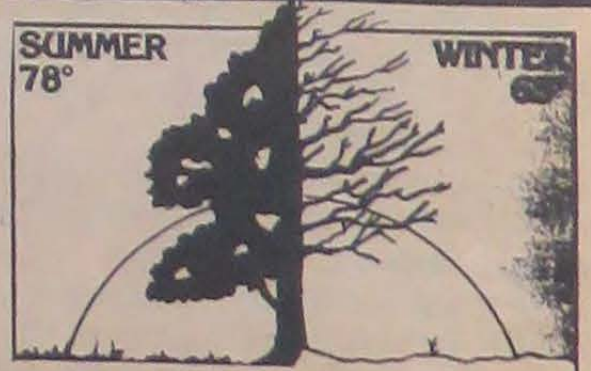
A program honoring the memory of the late Dr. Martin Luther King, Jr. was held on his birthday last Tuesday at Naval Regional Medical Center Oakland's Clinical Assembly.

Dr. King, assassinated on Apr. 4, 1968, was a humanitarian, Nobel prize winner and civil rights leader whose efforts contributed greatly to equal opportunities throughout the nation. His has become a great name in American history.



Rev. Martin Luther King, Jr.

ENERGY.
We can't
afford to
waste it.



For your info - - -



VOLUNTEER TO VOLUNTEER—Red Cross Volunteer Mary Paternoster of the OB/GYN wards drops off a specimen at Laboratory Service, where her husband, Red Cross Volunteer Francis W. Paternoster, receives it. The couple, who lives in Livermore, drives a 60-mile round trip to put in a full day's volunteer service at Oak Knoll every Wednesday. Mr. Paternoster received training here as a laboratory technician in 1948. Retiring from the Navy as a Chief Hospital Corpsman in 1963, he then took on another career with VA hospitals in Martinez and Livermore, retiring from that job last year. Mrs. Paternoster has been a patient at Oak Knoll, and the couple, which has three grown children, feels that voluntary service here is a way for them to pay back the hospital for its help to them in the past.

Boy Scout program begins at Oak Knoll

Dear parents:

Did your boy ever say, "Gee whiz, I wish I was old enough to join the Boy Scouts?" Well, here is his chance, and we hope that he will want to be a charter member of the program that is starting at the medical center.

The program will be open to all military dependents between the ages of 6 and 14. Activities will be designed to foster a sense of personal achievement by developing new interests and skills while providing fun and exciting things to do.

If your son is between the ages of 6 and 10, call Mike Lawson at Ext. 2171 or 562-3765 for information. For boys between the ages of 11 or 14, call Earl Martin at Ext. 2329 days or 636-0562 evenings.

Let's get our children involved. You will be glad you did.

Scoutmaster

Apply now for 'Deep Freeze'

Officer and enlisted personnel are being sought for "Operation Deep Freeze" in Antarctica, where the Navy supports long range scientific programs under the auspices of the National Science Foundation.

Officers in the following categories are needed: 5100 LCDR — OIC Det. McMurdo/PWO; 210X LCDR/LT, including flight surgeon (previous surgical experience and prior active duty desirable).

Personnel in the following enlisted ratings are needed: AC, AG, BT, BU, CE, CM, EA, HM, HT, MR, MS, PN, RM, SH, SK, EO, ET, and SW. Applicants with the following special qualifications are also desired: BT and EN (auxiliary boiler experience), MS (NEC 3505 or 3529), RM (NEC 2304 and 2342), SK (NEC 2815 for E-6 only), and ET (NEC 1413, 1415, 1416, 1472 and 1577).

Interested personnel should submit their requests via their commanding officer to COMNAVMIIPERSCOM, Washington, D. C. (NMPC 492C) on Form 1306/7 or by message to arrive not later than Jan. 30, 1980. The "Transman," Chapter 9, provides basic program information for enlisted personnel and commanding officers. NAVOP 184/79 contains additional details, and a NAVMIIPERSCOM-NOTE is forthcoming.

Navy ships relocate to Long Beach

The Navy has announced plans to relocate homeports of several units to Long Beach, Calif.

During calendar year 1980, the following staffs and ships will relocate to Long Beach: Destroyer Squadron Nine; four newly-built guided missile frigates—USS WADSWORTH (FFG-9), USS DUNCAN (FFG-10), USS GEORGE PHILIP (FFG-12), and USS SIDES (FFG-14); the new amphibious assault ship USS PELELIU (LHA-5); the amphibious cargo ship USS MOBILE (LKA-115); and two fleet ocean tugs, USS MOCTOBI (ATF-105) and USS TAKELMA (ATF-113).

Naval Reserve Force ships currently assigned to Long Beach will remain there. They are: USS HENDERSON (DD-785); USS ENHANCE (MSO-437) and USS CONSTANT (MSO-427). The staff of Reserve Destroyer Squadron 27 will also remain in Long Beach.

Twelve other Navy ships are also scheduled for regular overhauls at Long Beach Naval Shipyard during Fiscal 1980. During overhaul, their homeports will also be changed to Long Beach.

The Navy anticipates homeporting 27 to 30 units in Long Beach by the close of 1985. Individual ship homeport changes will be determined by schedules for pier facility improvements and ship schedules for regular overhauls.

Civil Service job eligibility liberalized for Vietnam vets

Eligibility requirements for Veterans Readjustment Programs, which affect veterans' employment in the federal civil service, have been liberalized to meet the needs of Vietnam veterans. The emphasis is on all Vietnam veterans, regardless of skill level, who served on active duty from Aug. 5, 1964, to May 7, 1975.

The maximum grade level of Veterans Readjustment Appointment (VRA) has been raised from GS-5 to GS-7. The 14-year educational restriction for compensably disabled veterans and veterans discharged because of service-connected disabilities has been removed. The one-year limit after military separation for VRA also has been removed, making all Vietnam veterans, who are otherwise qualified, eligible for appointment. The type of discharge required for eligibility has been changed from "under honorable conditions" to "other than dishonorable discharge." VRA appointment authorization has been extended through Sept. 30, 1981.

Disabled veterans with at least 30 percent disability ratings will have new benefits. These include retention preference over other veterans, noncompetitive appointments which may lead to career conversion, and additional rights if considered ineligible for a job or job retention because of disability.

As of December 1978, out of 2.75 million federal employees, 1.25 million (45 percent) were veterans. Of the veterans currently working for the federal government, 345,000 (or 12 percent) of the total work force are Vietnam veterans. (NES)

Law makes it pay to save!

The Energy Tax Act signed into law recently encourages Americans to save energy by providing them with tax credit for installing energy-saving devices.

A 15 percent tax credit can be taken on expenditures of up to \$2,000 if the taxpayer owes the government money when the income tax form is submitted. The government will not make cash refunds.

Maximum credit is \$300, and the credit plan will remain in effect until the end of 1985.

The \$300 credit is good for insulation, furnace replacement, automatic ignition systems and flue-closing devices on furnaces, storm or thermal windows, doors, caulking or weather stripping, and installation of an automatic setback thermostat.

Expenditures for solar, wind, or geothermal energy devices bring a more generous credit.

Local Internal Revenue Service offices will aid in figuring the energy tax credit. (AFPS)



Fresh fish wait in EBRPD lakes

You can pay \$3.40 a pound at the supermarket for a frozen rainbow trout from Canada or you can catch a whole string of fresh ones "in your own backyard" in the East Bay Regional Park District (EBRPD) lakes of Alameda and Contra Costa Counties.

Thousands of rainbows are being put into Del Valle, Shadow Cliffs, Lake Chabot, Don Castro and Temescal on a bi-weekly frequency by California Fish and Game.

"Word is that all plants will continue to contain larger fish than the usual 8 to 10-inch catchable trout normally stocked," confides EBRPD Water and Fish Expert Ken Burger.

"A percentage of the fish being stocked run up to three pounds."

Tony Smith, Manager of Del Valle Regional Park and its fine five-mile-long lake south of Livermore, says that 80,000 new rainbows will be in those waters alone by May 1.

Lake Chabot, situated in the hills above San Leandro and Castro Valley, has been de-stratifying, eliminating the warmer surface layer, and has uniform temperature from top to bottom.

"When this occurs, the fish become more widely distributed, and their appetites pick up," Burger said.

Biggest urban fishing news is the revitalization of Lake Temescal in Oakland-Berkeley hills. After its dredging last summer, this urban jewel shares in the regular plants and again is attracting rainbow trout fishermen.

What do you need, besides good luck?

PERMITS—In all inland waters except Del Valle, an EBRPD fishing access permit is required. It costs \$7.50 per year or \$1 a day. The money goes into its own separate fund to buy fish for stocking. In all inland waters, a California license is required.

BOATS—You can fish from docks and the shores but if you prefer boats, they can be rented at Del Valle, Shadow Cliffs and Lake Chabot. You may launch your own at Del Valle and Shadow Cliffs, but not at Chabot because it's an EBMUD standby reservoir. No boats are allowed at Don Castro and Temescal.

BAIT—Staff reports the most enticing baits are fish eggs and marshmallows. The first few days after a plant, Kastmaster and Mepps lures are reported excellent producers. Varieties of baits are sold at Del Valle, Shadow Cliffs and Chabot Marina, but not at Don Castro and Temescal.

DIRECTIONS—Write or phone EBRPD for information on Aquatic Facilities and the Nature of Your Legacy brochure: EBRPD, 11500 Skyline Blvd., Oakland 94619, phone (415) 531-9300. (East Bay Log, January 1980)

People make news ---

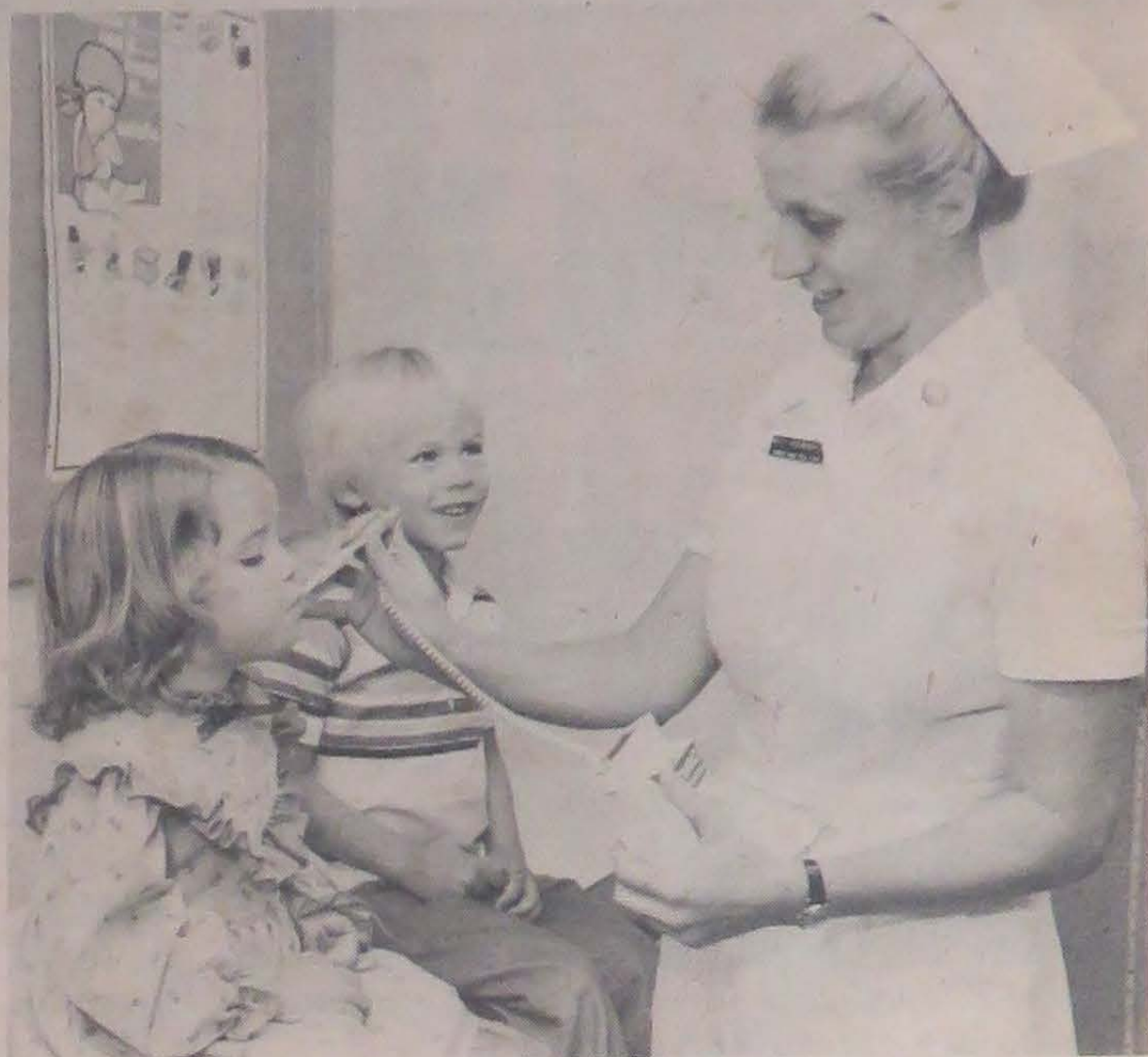
Nurse in spotlight: Former Navy officer now a civilian nurse

A note nominating Carol A. Rosenberger as "Nurse in the Spotlight" says she is dynamic and very pleasant charge nurse who copes with the multiple challenges of the pediatric clinic.

The attractive blonde charge nurse of Oak Knoll's Pediatric Clinic hails from Colmar, Pa., 30 miles north of Philadelphia. She obtained her bachelor of science in nursing from Villanova University, College of Nursing in 1969, the same year she joined the Navy.

Miss Rosenberger was stationed at Naval Hospital, St. Albans, N. Y., for two years—working in a variety of surgical units and a pediatric ward and clinic. She maintained an active reserve status until 1978, with reserve duty assignments at Naval Regional Medical Centers Philadelphia and Oakland and dispensaries at Pearl Harbor, Alameda and Treasure Island. Once removed from active duty, she spent several years teaching first year level nursing students both in the Philadelphia and Oakland areas. She is now an inactive reserve lieutenant commander in the Navy Nurse Corps and has been employed here as a civilian nurse since Feb. 13, 1978. She is also an instructor for a nursing continuation education class in creative education resources at San Leandro.

"The years spent on active duty (with the Navy) allowed me the opportunity to grow both professionally and personally—exposing me to situations that were challenging as well as heartwarming," she said. "The Navy family is everywhere; warm, friendly, ready to share experiences and a smile. As a civilian nurse here I don't feel as if I've left (the service) at all."



COOPERATIVE PATIENTS—Carol A. Rosenberger, Charge Nurse of the Pediatric Clinic, takes the temperature of Natalie Fawcett while the little girl's brother Chris appears to enjoy the entire situation.

Kudos.....

LETTER OF COMMENDATION

Chief Hospital Corpsman Mike O'Shea, former Lab School instructor, now detached.

GOOD CONDUCT AWARDS

Hospital Corpsman Second Class Thomas L. Connell, Jr., formerly of Education & Training.

Hospital Corpsman Second Class Susan M. Nelson, Personnel.

Hospital Corpsman Third Class Rebecca R. McClure, Patient Affairs.

LETTERS OF APPRECIATION

Mrs. Beverly O'Shea, Navy wife and founder of Youth Center.

Lieutenant Penny Turner, Nurse Corps, detached.

Two physicians frocked; three corpsmen advanced

During this reporting period, Dr. Charles Bareham of Internal Medicine and Dr. Donald Rowell of Ophthalmology were both frocked to the rank of lieutenant commander.

Recently advanced to Hospital Corpsman Third Class were Matthew G. Borho, Arnold F. Cruz and Delmer E. Roberson, all of the Alameda Branch Clinic.

-----Comings and Goings-----

"Fair winds and following seas" to recently departed:

Commander Tom White, Medical Corps, EMT, detached to Los Angeles Foundation of Otology on a fellowship.

Lieutenant Paul Williams, Medical Service Corps, Moffett Field Branch Clinic, to Okinawa.

Captain John W. Davis, Medical Corps, retired.

Chief Hospital Corpsman Mike O'Shea, McMurdo Station, Antarctica.

Lieutenant Penny Turner, Nurse Corps, to Iwakuni, Japan.

"Welcome aboard" to newly reporting:

Lieutenant Bruce Pope, Dental Corps, Dental staff.

Captain Sandro R. Sandri, Medical Corps, Medical Service.

Lieutenant Claudia Robertson, Medical Corps, Medical Service.

Lieutenant Commander Robert Dragoo, Medical Corps, ACDUTRA Ophthalmology.

Lieutenant Elizabeth Van Meter, Nurse Corps.

Lieutenant (junior grade) Sonia Meninberg, Nurse Corps.

Lieutenant (junior grade) Angeline Owen, Nurse Corps.

Ensign Christine Schindler, Clinical Clerk, Cardiology.

Ensign William Schindler, Clinical Clerk, Endocrinology.

Naval Academy coach leads Americans to victory in pre-Olympic regatta

Pat Healy, the Naval Academy's head varsity sailing coach, has recently returned from Tallinn, Estonia, and Weymouth, England, where he coached the United States Finn Sailing Team in the Pre-Olympic Regatta and the Finn Gold Cup. (A Finn is a one-man, 14-foot single-handed sailing dinghy that carries 108 square feet of sail on one mast.)

Healy, who has a Bachelor of Science degree in Meteorology from the University of Wisconsin and has been coaching sailing at the Naval Academy for four years, is an accomplished Finn sailor himself. He placed fifth in the Finn Class in the U. S. Pre-Olympic Regatta at Newport in May.

Healy was chosen to coach the U. S. Finn Sailing Team by Sam Merrick, executive director of the U. S. Olympic Yachting Committee, which sponsored the four members of the team by providing boat transportation and \$2,000 each to help defray traveling expenses.

The four sailors on the U. S. Finn Team were competing against 56 other Finn sailors in the Pre-Olympic Regatta in Tallinn. The two Americans sailing their own boats finished first (John Bertrand) and second (Cam Lewis), while the two Americans sailing Russian built Finns of the type to be used in Olympic competition this year

placed 19th (Carl Buchan) and 26th (Stuart Neff). At 19th, Buchan was the highest ranking competitor sailing a Russian Finn.

In Weymouth, England, at the Finn Gold Cup, Americans occupied six of the 10 top positions in the final standings. Lewis and Bertrand traded posts, with Lewis winning the regatta and Bertrand finishing as runner-up. Third place went to a Dutch sailor, while Americans Andrew Menkart, Stuart Neff and Carl Buchan filled the fourth-through-sixth positions. Another American, Alex Smigelski, placed 10th.

Healy's duties at the regattas included preparing weather briefings, observing conditions and tactics on the race course, helping team members prepare for protest meetings, acting as ombudsman with the race committee and analyzing the races afterward with the competitors. "The Americans were really excited about having someone there who cared," Healy said, noting that the U. S. teams have not traveled with a coach until recent years.

Healy strongly supports the practice of sending American sailors to international regattas. "When we go back to Tallinn in 1980, most team members will not be tourists. They'll be able to handle the differences without too much trouble and concentrate on sailing." (NES)

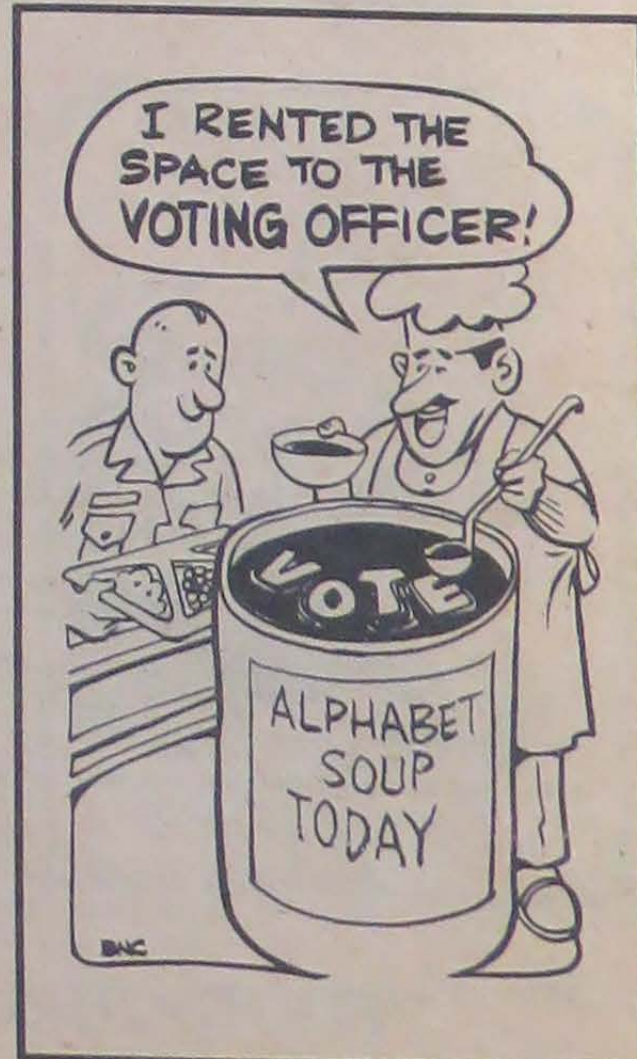
VIPs in the news

Mr. Joseph A. Doyle was confirmed as Assistant Secretary of the Navy (Manpower, Reserve Affairs and Logistics) by the Senate on Dec. 20.

He succeeds Secretary of the Navy Edward Hidalgo as Assistant Secretary.

Vice Admiral William J. Crowe, currently Deputy Chief of Naval Operations for Plans, Policy and Operations, has been announced as next Commander-in-Chief, U.S. Naval Forces, Europe.

He will replace Vice Admiral Joseph P. Moorer in that position.



Speaking of health care

Rx: Drug Notes

Drug: PCP (Phencyclidine), street name "Angel Dust." Developed in the 1950's as an anesthetic agent, but discontinued for human use after some patients exhibited visual disturbances and delirium. Can be made in home laboratories.

Use Symptoms: Often mixed with inert substances and sold as LSD or THC, the active ingredient in cannabis. Subjects have reported sensations of depersonalization, visual/hearing hallucinations, and feelings of apathy or estrangement. Reports of poor concentration, difficulty in thinking, and preoccupation with death. Many users have reacted to its use with an acute psychotic episode.

Common Peripheral Signs: Flushing of skin, profuse sweating, muscular incoordination, dizziness, and rapid involuntary rotating of eyeballs.

Treatment: Keep victim in warm, non-threatening environment, one-to-one contact, protect from self-harm, alert medical personnel.

Legal Aspects: PCP is considered a controlled dangerous substance. Possession can result in imprisonment up to one year, a fine of up to \$5,000, or both. (**Comprehensive Drug Abuse Prevention and Control Act, 1970**).

New, obsolete, old (but good) topics of four-day symposium

What's in and new or old but valid, and what's out and obsolete in the field of primary health care will be discussed at the upcoming symposium on "Primary Care—Current Management of Common Office Problems," Jan. 30 through Feb. 2 at Golden Gateway Holiday Inn.

Sponsored by UC-San Francisco Extended Programs in Medical Education, the primary care symposium offers continuing medical and nursing education credit to physicians, nurse practitioners, and nurses.

Panels on pediatrics, neurology, surgical problems in the office, office orthopedics, obstetrics and gynecology, and medical emergencies will be presented. A full morning will be devoted to advances in diagnosis and management of common dermatoses (Saturday, Feb. 2), featuring talks on "The Acne Syndrome," "Horrible Herpes," "V. D. in the Liberated West," and "Intolerable Warts," to name a few.

Highlights from the program in new areas of management are:

"**Toxicology for the Practicing Physician**," including discussion of acute poisonings and environmental toxins (occupational health), by Charles E. Becker, M.D., UCSF associate professor of medicine and associate clinical professor, Division of Clinical Pharmacy;

"**Basic Rheumatology**," with discussion of diagnosis and therapeutic goals and new anti-inflammatory drugs, by Kenneth E. Sack, M.D., UCSF assistant professor of medicine; and

"**The Role of Chlamydia in Gynecologic Infections**," by Julius Schachter, M.D., UCSF professor of epidemiology, International Health and Hooper Foundation.

Conference chairman is David S. Gullion, M.D., UCSF assistant clinical professor of medicine and associate director, Extended Programs in Medical Education.

For registration information call (415) 666-2894 or 666-2483. Call (415) 666-4251 for program information.

Applications sought for civilian jobs

Civilian Personnel Service has announced that applications will be accepted throughout the calendar year 1980 for potential openings in the following categories:

Clerk, GS-3 or Medical Clerk, GS-3—Job location at Naval Regional Medical Center Oakland (NRMCO) and its branch clinics.

Food Service Worker, WG-2—Job location, NRMCO.

Clerk Typist, GS-3 or Medical Clerk (Typing), GS-3—Job location at NRMCO and branch clinics.

Housekeeping Aid, WG-1—Job location, NRMCO.

Medical Clerk (Filing), GS-3 or File Clerk, GS-3—Job location at NRMCO and its branch clinics.

Medical Aid (Sterile Supply) GS-2 and GS-3—Job locations at NRMCO.

Career and Career-Conditional employees of federal activities in the Bay Area; VRA and reinstatement eligibles are invited to apply. Those on the appropriate OPM register may also be considered.

Voluntary applications will also be accepted from Career and Career-Conditional Naval/Marine Corps employees currently working outside this area.

For further information, call Ext. 2116.

Navy needs alcohol-drug counselors

There is an ongoing need for qualified alcoholism treatment specialists and drug and alcohol abuse counselors, Navy-wide.

Alcohol and other drug abuse counselors work with men and women who have abused alcohol and used other drugs to the point where their lives have become unmanageable. There are few jobs as rewarding as the one of helping these troubled people come to grips with their problems and begin to live useful, productive lives.

The basic requirements for becoming an alcoholism treatment specialist (SNEC 9519) are that the person be a volunteer, E-5 or above, and have two years of continuous sobriety if they are a recovering alcoholic.

Persons desiring to become drug and alcohol abuse counselors (SNEC 9522) must be E-4 or above, and preferably, volunteers.

Chapter 9.20 of the Transfer Manual and COMNAV MILPERSCOMNOTE 5356 of Aug. 31, 1979 provide further guidance on application procedures and class convening dates. Additional information may be obtained by calling Autovon 224-1006/1055/1064/1099/1152, or commercial (202) 694- followed by any of the four last digits above and asking for Personnelman First Class John Strickland. Further details may also be obtained by writing Naval Military Personnel Command (NMPC-63) Washington, D.C. 20370.

How to stop cold weather injuries

The Naval Health Sciences Education and Training Command (HSETC), in cooperation with Walter Reed Army Medical Center, has produced a predeployment videotape titled "Prevention of Cold Weather Injuries" (VM-11709).

The program, narrated by Dr. Murray Hamlet of the Army Research Institute of Environmental Medicine, discusses the impact of cold environments upon the individual's body. He also discusses preventive measures that reduce the incidence of various kinds of cold injuries.

Copies of the videotape have been distributed to all naval hospital film libraries. In addition, they may be borrowed from: Audiovisual Resources Branch (Code 221), HSETC, National Naval Medical Center, Bethesda, Md. 20014. AUTOVON 295-1126 or commercial (202) 295-1226. (NES)

Periodontal disease gets early start

For many years, periodontal disease was believed to be a disease of adults only. Now it has been recognized that adult periodontal disease has its beginnings during childhood or adolescence. Most individuals are thought to have an early form of the disease by the time they are in their mid-teens. Estimates are that more than 65 million adults have an advanced form of the disease and that 20 million more have lost all their teeth because of it.

Periodontal disease can cause the loss of sound, decay-free teeth by damaging the bone and soft tissue that support them. There are no early painful warnings of periodontal disease. It usually appears as an inflammation of the normally pink gums (gingivae). If the condition is not treated, it may spread to several teeth. The gums usually become puffy or swollen and tend to bleed when the teeth are brushed. This early stage of periodontal disease is easily reversible.

If the gingivitis is not corrected, the condition worsens. Pockets develop between the gums and the teeth. Particles of food and bacteria settle in the pockets. As the inflammation increases, the pockets become deeper, and pus may form in them. At this stage a person's friends may become more aware of his periodontal disease than he is, because of his unpleasant breath. It is probable though that he will notice a foul taste in his mouth. The gums are likely to become ulcerated, they may bleed and may become quite painful.

In the late stages of periodontal disease, the soft tissues (periodontal membrane) and bone that support the teeth are destroyed and the teeth become loose and finally must be extracted. (NES—*The Dolphin*, Naval Submarine Base, New London)



The term, "mesmerize," is derived from F. A. Mesmer, who practiced animal magnetism, or faith healing through hypnotism, in Vienna in the late 18th century.
H. T. Ransmiller, Jr. 1978



Spectacles were first introduced by the Venetians in 1270.
H. T. Ransmiller, Jr. 1978

With the family ---

You read a newspaper ad for a land deal that's so fantastic you can't believe it's true—"One-quarter acre lots, swimming pool, golf course and club house, for just \$2,000. And if you come out today, you'll get a free tank of gas and a free clock-radio."

Sometimes if the deal sounds too good to be true, it's also too good to be legitimate.

The Department of Housing and Urban Development (HUD) warns consumers to get the facts on land before they buy. And, knowing your rights under the law is the first step.

Whether you're contacted by mail, by phone, or notice an ad in the newspaper, never buy a lot sight unseen. Ask the developer if the company is registered with HUD or is entitled to an exemption. Registration means that according to law the company must file a statement of record with HUD and give all prospective customers a copy of the property report.

HUD does not inspect lots, nor do they prepare the property report or check the facts in the report. If any statement in the property report turns out to be false or if an important thing is left out, you have the right to cancel your contract and sue for damages in court.

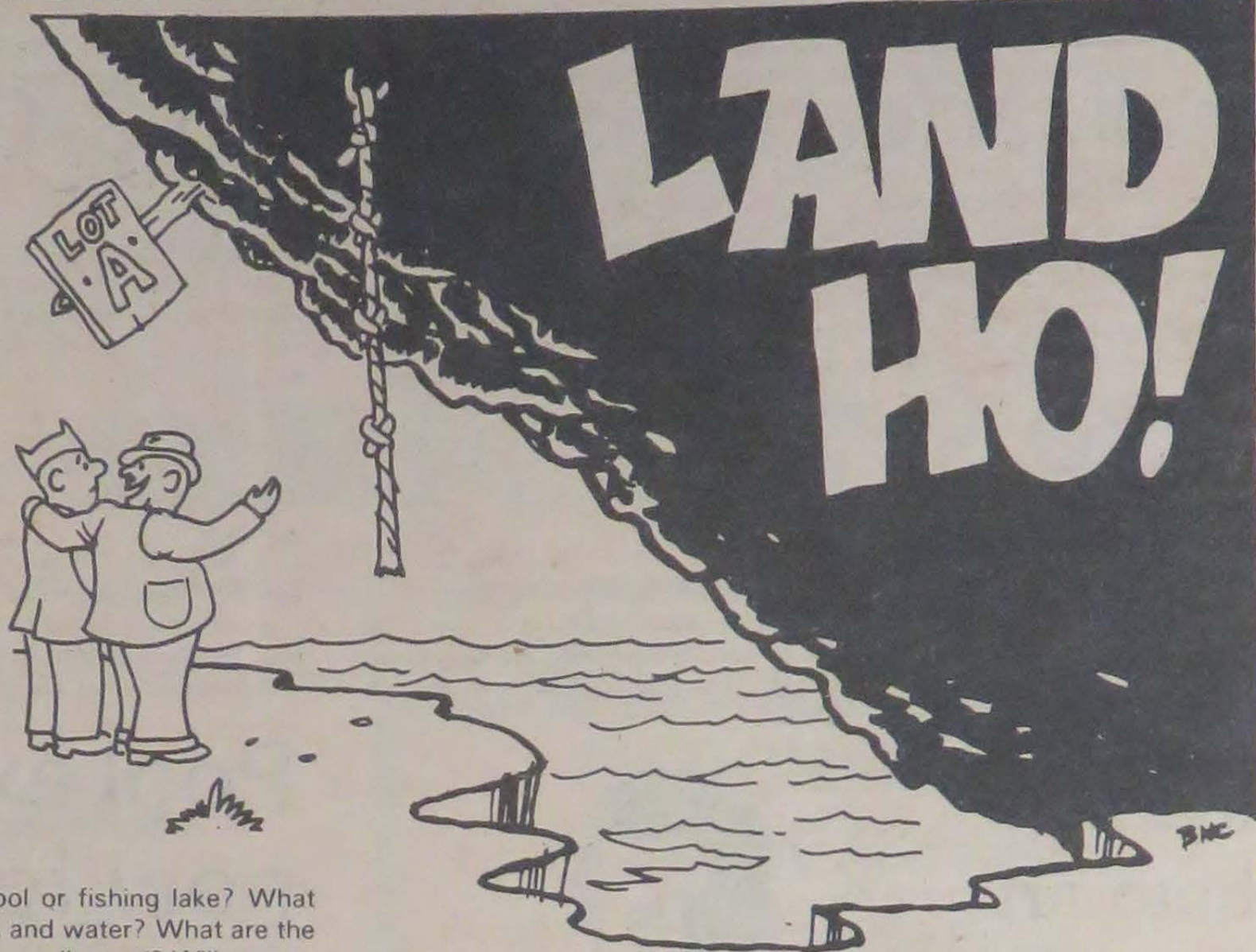
Once you find a development you're interested in, check the facts. Get the property report and read it. Ask questions. How large will the development be? What zoning controls are specified in the contract? Are there extra charges for using the amenities like the

swimming pool or fishing lake? What about utilities and water? What are the plans for sewage disposal? Will you get clear title to the property? Will you be able to build a house on your lot?

Avoid high-pressure sales tactics or you may find yourself making payments on a lot you're not completely satisfied with.

Be skeptical about overly optimistic estimates on the future resale value of the land.

Watch out for the "bait and switch"



"Here you are—2 acres overlooking the sea!"

game where lots are advertised at extremely low prices, then you're told the cheap lots are all sold but some "excellent sites are still available at a higher price."

For more information, send for the HUD booklet, **Buying Lots from Developers**. For a copy, send \$1 to the Consumer Information Center, Pueblo, Colo. 81009. (AFPS)

Little acorns...

The following new additions to the Naval Regional Medical Center Oakland family have arrived at Oak Knoll:

A baby boy to Commander John W. Branch, ENT staff, and his wife Beverly Ann, Jan. 3.

A baby girl to Hospital Corpsman Third Class William C. Schrader, Jr., Laboratory Service, and his wife Mary Ellen, Dec. 30.



★ ★ ★ MOVIES ★ ★ ★

Friday, Jan. 18
6 p.m.

ONE MAN JURY—Christopher Mitchum, Jack Palance—Drama/R

Saturday, Jan. 19
2 p.m.

PINOCHIO—Animated—Adventure/G

3:35 p.m.

THE PROFESSOR AND THE BEAUTY QUEEN—Jamie Vys, Renet Massadono—Comedy/PG
Involves a plot against a newspaper beauty contest. Not recommended for children.

Sunday, Jan. 20
6 p.m.

THE WICKERMAN—Edward Woodward, Britt Ekland—Horror/R

Monday, Jan. 21
6 p.m.

SGT. PEPPER'S LONELY HEARTS CLUB BAND—Peter Frampton, The Bee Gees—Musical/PG

Tuesday, Jan. 22
6 p.m.

DRACULA—Frank Langella, Lawrence Olivier—Drama/R

Wednesday, Jan. 23
6 p.m.

HOT STUFF—Dom DeLuise, Susan Pleshette—Comedy/PG

Thursday, Jan. 24
6 p.m.

THE OBSCURE OBJECT OF DESIRE—Fernando Rey, Western/PG

Carel Bouquet—French Comedy/R

Friday, Jan. 25
6 p.m.

THE EVICTORS—Vic Morrow, Michael Parks—Drama/PG

Saturday, Jan. 26
2 p.m.

THE WIZ—Diana Ross, Michael Jackson—Musical/G

4:15 p.m.

WARLORDS OF ATLANTIS—Doug McClure, Peter Onorati—Adventure/PG

Sunday, Jan. 27
6 p.m.

INTERIORS—Diane Keaton, Richard Jordan—Drama/PG

Monday, Jan. 28
6 p.m.

DOCTOR ZHIVAGO—Geraldine Chaplin, Omar Sharif—Drama/PG

Tuesday, Jan. 29
6 p.m.

ROCKY II—Sylvester Stallone, Talia Shire—Drama/PG

Wednesday, Jan. 30
6 p.m.

SUNBURN—Farrah Fawcett, Art Carney—Comedy/PG

Thursday, Jan. 31
6 p.m.

THE DAYBREAKERS—Glenn Ford, Ruth Roman—Western/PG

Practical psychology classes at Alameda for military wives

East Bay USO, Staff Chaplain's Office (Command Service Group One), and the Center for Unlimited Education at Alameda College are jointly sponsoring three courses in practical psychology. These courses have been designed primarily for Ombudsmen and other military dependents.

Courses to be offered include:

- **Crisis Intervention for Self-destructive Behavior** (Psych 97) This course provides a background on areas of self-destructive behavior such as child abuse, depression, suicide and provides several theoretical interventions that can be used at the paraprofessional level. **Saturday, Jan. 19 and 26, 9 a.m.-4 p.m., Room C210 at Alameda College.**
- **Stress Reduction Workshop** (Psych 97) This workshop will incorporate stress reduction techniques for women who fulfill multiple roles and are frequently faced with a chaotic system of demands upon their energy. The use of self-hypnosis and fantasy for stress reduction will be included. Also systems of prioritizing the time allocation will be discussed. Techniques for creating and maintaining separate or private time will be included. **Saturday, March 15 and 22, 9 a.m.-4 p.m., Lounge, Bldg. F, Alameda College.**
- **Challenging Partnership—The Unconventional Marriage**, This course will provide a positive framework and support system for Navy wives in coping with the normal and recurrent problems of this type of marital style. Topics to include: changing roles from independent to dependent, creating support system on one's own shifting roles in regards to children, and sexual aspect of this lifestyle. **Saturday, Apr. 19 and 26, 9 a.m.-4 p.m., Room C210 at Alameda College.**

All classes are tuition free, but there is a \$1.35 student fee. Register in the first class. Students may wish to bring bag lunch as the college cafeteria will be closed. Attendance required at both sessions of class for one quarter unit credit.

Those students living in Contra Costa County, Fremont/Newark, or San Jose need to get an "Out of District Permit" to attend Alameda College. These permits are available from the local community college district.

For information write or call: East Bay USO, Building 2, Wing 1, Naval Air Station, Alameda, CA 94501, (415) 521-2750. Or, CUE, c/o College of Alameda, 555 Atlantic Ave., Alameda, CA 94501, (415) 522-7221 Ext. 341 or 342.

Piedmont Scouts need master

A mature person with a little time to spare and a genuine interest in youth is needed to serve as Scoutmaster for Troop 6, Boy Scouts of America, in Piedmont.

Ideally suited for this voluntary but rewarding position would be a former Eagle Scout, or someone otherwise involved in scouting, either as a scout or as a parent/leader.

If interested, contact Dr. Richard R. O'Reilly, Surgery Service, Ext. 2105.

Auxiliary invites eligible members

The NRMCM Officers' Auxiliary invites membership to any spouses of active duty officers attached to the medical center, and to spouses of retired officers who may be newcomers to the area.

Social luncheons are held the second Wednesday of each month. Other upcoming events include a Las Vegas night in March, an art auction to benefit the scholarship fund in April, and a family picnic in May.

For more information, call the club's president, Patti Davis, at 531-5998, or Sylvia Grisius, vice president, 376-8898.

Off duty - -

Scenes by the sidelines

Medical leads league with 3-0 win record

By Ron Brown

Under the able leadership of Dr. J. Lozner, "Medical" has served notice that it's the team to beat in the 1979-1980 Intramural Basketball League. It is currently the only unbeaten team in league play sporting a 3-0 record by virtue of 48-39 win over MSC, 43-39 over OR, and a 58-16 win over ENT on Jan. 9.

Also in games played last week MSC defeated NP, 37-33, and OR trounced DMO, 50-18. Leading scorers for the three games were OR—Tom Nagy, 21 points; MEDICAL—M. Terry, 14 points; MSC—R. Taylor, 14 points; DMO—E. Geliberte, 14 points; NP—

Portis and Thomas, each 12 points, and ENT—B. Williams, 10 points.

Standings at the paper's deadline are:

Team	Won	Lost
MEDICAL	3	0
MSC	2	1
OR	2	1
ENT	1	2
NP	1	2
DMO	0	3

Previous game highlights

Games were postponed over the Christmas holidays with the last action played Dec. 19 before last week's game.

In the win over MSC, L. Smith led all scorers with 14 points on six field goals and two free throws. S. Baez split the net for 10 points to aid his team's cause. D. Love led the losers with 12 points.

In Medical's other victory over OR, L. Smith again led his team with 13 points, followed by M. Terry with 11 markers.

T. Nagy led OR with 12 points on five field goals and two free throws.

In other games played, ENT defeated NP by a score of 57-41 with B. Williams garnering 20 points, followed

by J. Stankiewicz with 15 points. Izzett hit for 16 points for NP.

MSC easily handled DMO with a 52-30 score. R. Taylor led MSC with 12 points. E. Geliberte led the losers with 13 points on six field goals and one free throw.

NP defeated DMO by a score of 45-23. R. Izzett led the winners with 12 points followed closely by B. Carey, who garnered 11.

OR shellacked ENT by a score of 67-26, led by Tom Nagy who split the net for a seasonal high of 29 markers on 13 field goals and three free throws.

Qs and As of photo art

By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)

Q. I'm confused by all of the different types of color films that are available—Kodacolor, Agfacolor, Fujichrome, Ektachrome, etc., etc. How do I tell which is color negative film and which is color slides?

A. Very simple. Any film name (regardless of foreign or domestic origin) that ends with the suffix "chrome" is a color slide film that will yield a positive image and, if it's the 35mm size, may be projected with appropriate equipment onto a wall or screen. Any film ending with the suffix "color" (i.e., Kodacolor, Fujicolor, Agfacolor) is a negative film which, when processed normally, will yield color negatives from which color prints or enlargements may be made at the time of processing, or later if desired. If you're budget-conscious you can initially shoot color slide film and then after sorting through the good, the bad and the ugly ones, have prints or enlargements made from those special shots you want to keep in an album.

Q. I'd like to take closeup pictures of flowers and other small things, but the normal lens on my 35mm camera won't focus closer than 18 inches. How can I remedy this?

A. You have two or three different avenues open to you regarding this problem. One way, of course, is to buy another lens that is capable of



focusing closer than your camera's normal lens. "Macro" lenses as they are generally termed, can ordinarily focus as close as 8 or 9½ inches from the film plane to the subject (giving you a 1:2 reproduction ratio, or one-half life size). Naturally this is the most expensive route to go. Another, and less costly, way to achieve similar results is to purchase a lens-reversing ring made specifically for your camera. One end of this ring has a male thread size corresponding to the filter size on the front of your lens, while the other end has a lens-mounting flange exactly like that on the rear of the lens. Simply remove the normal lens from your camera and attach the threaded end of the lens-reversing ring to the filter receptacle on the front of the lens. Then turn the whole works around and attach it to the camera body as you would a regular lens and start shooting those closeups you've wanted to do. Lastly, you can buy either a set of, or individual, "closeup lenses" that thread onto the front of your lens as a regular filter would. They are available in a wide variety of millimeter sizes to fit different lenses, and generally come in +1, +2 and +3 powers (although some manufacturers make them as high as +10 power). No exposure compensation is necessary with any of these methods if you have through-the-lens metering in your camera.

Pool exercise classes now for men, women

Beginning Jan. 29, there will be a morning coed exercise class offered at the center's swimming pool from 9 to 10 a.m. on Tuesdays, Thursdays and Fridays.

This class will be for those who have resolved to begin the new year with an effective conditioning exercise program. Aquatic exercising is tailor-made for a group. Working against the resistance of the water, each individual moves at his or her own pace. Male, female, young and old all work together and the water acts as an equalizer, an instructor said. It is not necessary to know how to swim; classes are conducted in shallow water.

The popular ladies' evening exercise class taught by Nancy Branch is going into its second year. These classes will continue to convene on Mondays and Wednesdays at 6 p.m.

Sessions are nine lessons for \$9. Swimming lessons are also available for those who desire.

For more information, call Ext. 2330.

Beam to return to The Porthole

Ray Beam, hypnotist, will return once again to *The Porthole* on Feb. 4, with a four-hour show guaranteed to entertain.

Best of all, admission will be free, the club manager said, and dinner will be available at nominal cost.

Mr. Beam, who won the Bronze Star Medal for entertaining U. S. servicemen in Vietnam integrates education into his performance by demonstrating the serious art of hypnotism, yet with a flair for comedy. One of the new features of his show is "hypnotic disco." Volunteers from the audience will serve as his subjects.

The program will begin at 7:30 p.m.

New classes slated

The new schedule of classes, sponsored by San Francisco's Central YMCA, will be starting the second week of January at Fort Mason and at the 'Y'.

A variety of dance, theatre, recreation and skills classes will be offered.

To receive a class schedule, call the 'Y' at 885-0460.

Feb. 6 signup for volleyball

Deadline for entries in the 1980 Naval Regional Medical Center Oakland Intramural Volleyball League is noon on Wednesday, Feb. 6.

Entries may be called in to Ext. 2479, or complete entry forms at Special Services, second deck, Bldg. 38.

Eligibility is limited to active duty military staff attached to Oak Knoll.

Play is tentatively scheduled to start Feb. 14.

Balance due Monday for Yosemite ski trip

Special Services requests that those who have signed up for the Feb. 20-22 Badger Pass/Yosemite Ski Trip pay the balance due by Monday, in order that reservations at Yosemite may be secured.

Staff members, military or civilian, their dependents and retired personnel are all eligible to participate, but those considering taking the trip should pay for the trip no later than Jan. 21. Payment is being accepted in the Special Services Office, Bldg. 38, Ext. 2479. Prices are \$50 per person double occupancy, \$42 quad, \$46 triple and \$68 single.

The package offers round trip transportation, lodging, and an option to attend a ski school, take an all-day cross-country ski lesson, ice skate all day, tour Yosemite Valley or take a Badger Pass tour plus a snowcat ride.

A deluxe motorcoach will pick up and return passengers to a parking lot at Oak Knoll.

Low-cost ski travel offered via 'Y' van

Beginning Jan. 11, the Central YMCA in San Francisco will offer one of the most economical ways to get away on a ski weekend to South Lake Tahoe and Yosemite, where both cross-country and downhill skiing are featured.

The trips include accommodations, transportation in a 14-passenger van, and all meals for prices ranging from \$59 to \$65 for members and \$65 to \$70 for non-members.

For brochures and more information, call the Central YMCA at 885-0460.



T.B., or not T. B. ? THAT is the question!

By Commander Richard Hooper, MC, USN

In 1980 about 30,000 people in the United States will be diagnosed as having tuberculosis and about 3,000 will die from this disease, illustrating that tuberculosis is still a problem in this country.

Tuberculosis is also still a problem in the Navy. Since many Navy personnel spend a large portion of their time overseas the risk that people admitted to this hospital will have tuberculosis is greater than in the surrounding community. For example, in the last couple of months at least two patients admitted to the hospital have subsequently been diagnosed as having tuberculosis. Despite the increased risk of exposure to tuberculosis, however, a relatively low proportion of staff personnel have received their

annual tuberculosis skin test.

For those personnel exposed to an active case of tuberculosis the best time for a follow-up skin test is about two months after exposure. Therefore, February would be a good time to update your annual tuberculosis skin test. Staff Sick Call can do tuberculin skin-testing Monday through Wednesday from 8 to 11 a.m. or 1 to 3:30 p.m. Individuals who already have a positive skin test would be much less likely to acquire the disease from patients though they do need to be concerned about reactivation of latent tuberculosis. That is why isoniazid is recommended for all individuals under the age of 35 who have a positive skin test for tuberculosis.



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Volume 42, No. 3

Friday, February 1, 1980

Dr. Boyce Van Osdel Prayer Breakfast speaker

Dr. Boyce Van Osdel, a minister who served an Oakland parish for 19 years,



Dr. Boyce Van Osdel

will be the featured speaker at the Naval Regional Medical Center's National Prayer Breakfast on Feb. 7. The event will be held in the third floor main dining room of the hospital beginning at 7 a.m.

The program will include prayers, Scripture readings, singing, and an inspirational message by Dr. Van Osdel. Staff personnel will also participate.

Attendees should purchase tickets at the normal breakfast fee from the cashier that morning, and then are encouraged to go through the food line upon arrival in the dining room.

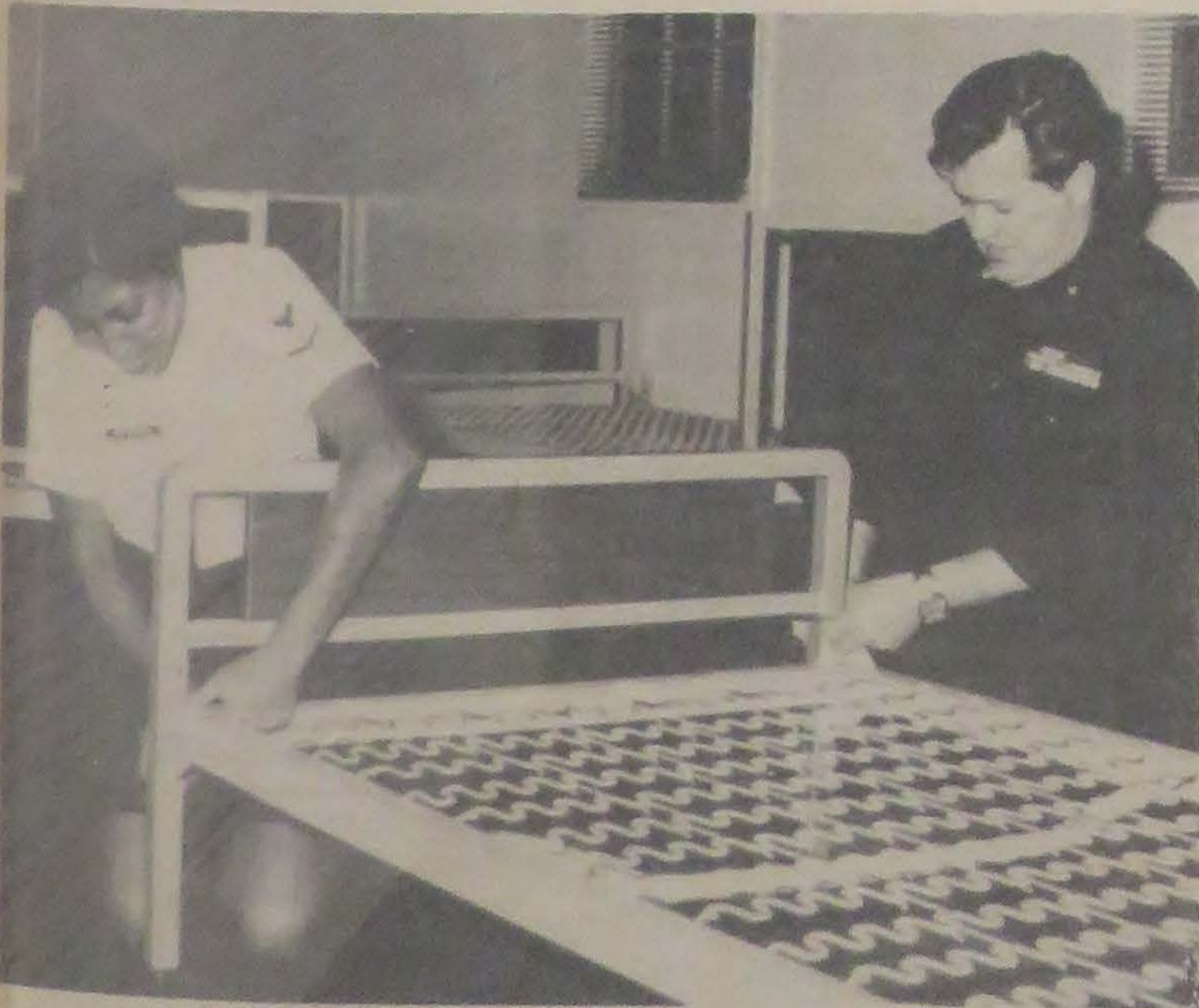
All staff, patients and other interested persons are cordially invited and encouraged to attend, joining in prayer with others around the world for our national leaders, and for all those in other positions of responsibility.

ARS relocates to 70B

Staff and patients of the Alcohol Rehabilitation Service have now moved back to Building 70B after temporarily occupying space on 6 South in the main hospital building since last June. The telephone number, 639-2087, remains the same.

The new quarters have been completely refurbished and are reportedly spacious and colorful with new furniture and carpeting. A dedication-open house will be held in the near future, according to Commander Richard A. Golden, chief of the service.

Future plans call for expansion of the program here.

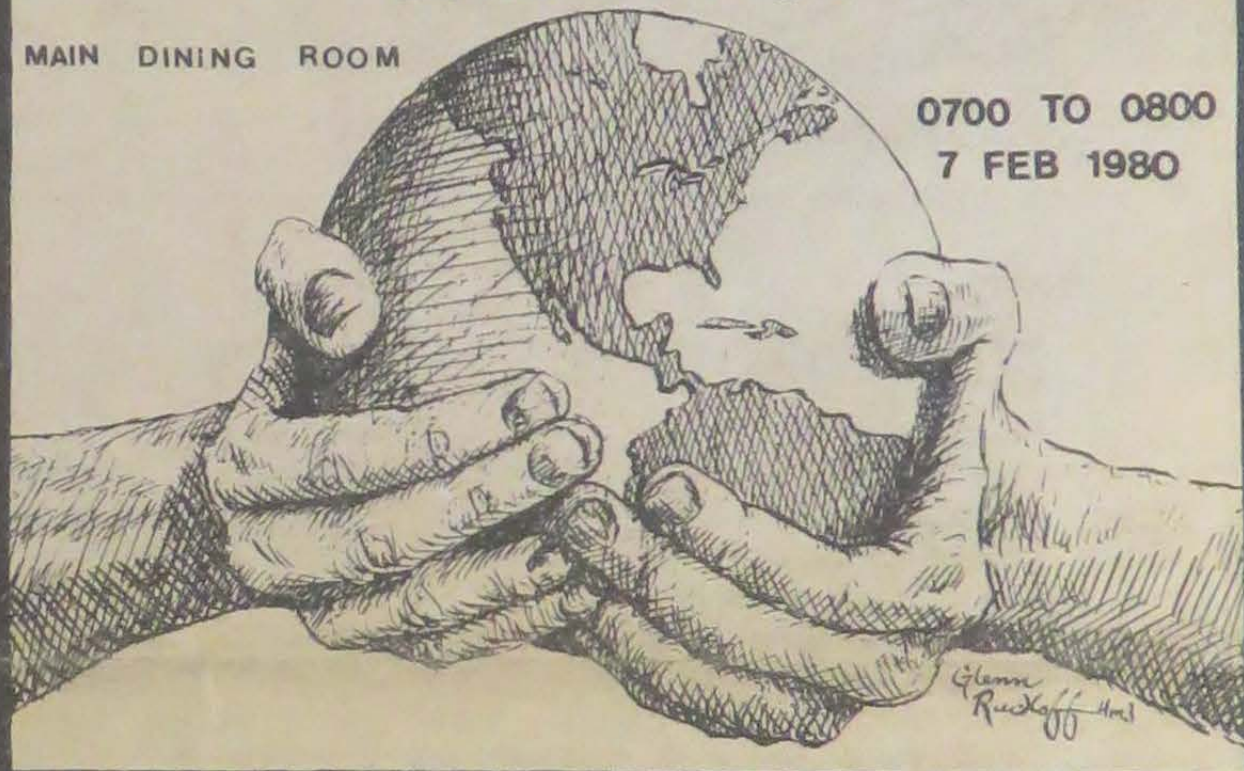


GETTING SET UP—Patients and staff of Alcohol Rehabilitation Service moved to newly renovated quarters in Bldg. 70B last week, following their temporary location in Bldg. 500. Teaming up to assemble one of the new beds is Hospital Corpsman Third Class Joannette Wooten and Chief Boatswain's Mate Charles Lamar, both ARS staff members. The service will hold an open house in the near future to show off its new facilities.

NATIONAL PRAYER BREAKFAST

MAIN DINING ROOM

0700 TO 0800
7 FEB 1980



NRMCO, four other sites linked by computer to NMDSC

The Interdata 7/32 (computer) system of the Navy's Medical Department gained its fifth link recently when Naval Aerospace Regional Medical Center at Pensacola, Fla., established telecommunications with the Naval Medical Data Services Center (NMDSC) at Bethesda, Md.

All five sites—San Diego, **Oakland**, Great Lakes, Portsmouth and Pensacola—can now transmit data directly to NMDSC and, if desired, process their jobs on the 360/50 (an IBM computer).

Management Information Service at Naval Regional Medical Center Oakland (NRMCO) was one of the first medical activities to transmit uniform chart of accounts (UCA) data to the Bureau of Medicine and Surgery by this method. NRMCO also acts as a receiving center for several other Bay Area commands for transmitting UCA information to BuMed.

Other data routinely transmitted from Oak Knoll include financial records, in-patient histories and medical board findings.

The operation, located on the first floor of Bldg. 500, is also capable of exchanging programs with other Navy hospitals throughout the region.

Future NMDSC plans call for developing a worldwide network with all medical regions, including overseas activities, through use of Autodin II.

Credit Union slates annual meet

The annual meeting of members of the Alameda Coast Guard Federal Credit Union will be held at 3:30 p.m., Feb. 21, in the Naval Regional Medical Center Oakland's Officers Club.

Progress reports will be given from the Board of Directors, Supervisory and Credit Committees on operations and accomplishments during the past year. Management will also submit its annual report.

In addition, election will be held of board members and credit committee members. A question and answer period is planned whereby members are encouraged to participate.

Refreshments will be served.

GSA colloquium... Page 3

Editorial ---



HARBINGER OF SPRING?—Recent heavy rains have brought out the unique "pea green" color of the hills at Oak Knoll, and last week acacia trees such as this burst forth in yellow blossom throughout the base. Can spring be far behind?

election⁸⁰ Your Vote Counts

Election 1980 starts off in February and will roll right along through the General Election in November.

The following States and Territories will have **Presidential Primaries** during the months of February and March 1980—

Puerto Rico, February 17 (Republican Party only)

New Hampshire, February 26

Massachusetts, March 4

Vermont, March 4

South Carolina, March 8 (Republican Party only)

Alabama, March 11

Florida, March 11

Georgia, March 11

Puerto Rico, March 16 (Democratic Party only)

Illinois, March 18

Connecticut, March 25

Unit voting officers and counselors have full details on what information may be in-

cluded on the Federal Post Card Application (FPCA).

Illinois Primary

Illinois will hold the first State Primary Election of 1980 on March 18.

Active duty members and their dependents and spouses residing with them who are legal residents of Illinois and who use the Revised Federal Post Card Application (FPCA) may vote in Federal, State, county, township, municipal, school district, and community college district elections without being registered.

A completed FPCA should be sent to the County Clerk as early as possible but not less than 10 days before the election in order to receive an absentee ballot.

Unit voting officers and counselors have full details on the Illinois Primary Election.

Be sure of policies, rights, before making political pick

This is a presidential election year.

But more than that, some 55,000 other federal, state, and local elective offices will be filled through elections this year.

As Americans, members of the Armed Forces may take part in the year's events much more than just registering and voting.

But because they are on active duty, there are guidelines as to what servicemembers can do and cannot do in supporting and discussing political candidates and issues.

While members of the Armed Forces are permitted to participate in the political process, they are prohibited from engaging in partisan political activities. "Partisan political activities" are those which show open support for a political candidate or for issues related to programs or policies of national or state political parties.

Wearing the uniform while taking part in any type of political activity—with the exception of going to the polls to vote—would be considered a violation of Department of Defense directives and policies. In determining whether or not an activity violates the

traditional American concept that military personnel must not engage in partisan political activity, common sense and the following guidelines should be used.

In general, any activity which could be interpreted as associating the Department of Defense with any element of a partisan political cause or candidate must be avoided. Expressing your views on political issues or figures in a public manner is restricted, and examples are given under "Prohibited Activities."

Permitted Activities

Keeping in mind the guidelines given above, you, as a servicemember, may:

- register, vote, and express a personal opinion—but not as a representative of the Armed Forces—on political candidates and issues,
- encourage other military personnel to vote but make no attempt to influence or interfere with the outcome of an election,
- join a political club and attend its meetings, but not while wearing a military uniform,
- write letters to the editors of newspapers expressing personal views

concerning public issues—not partisan issues—provided the views do not attempt to promote a partisan political cause; in general, such letters should be signed using your name only without the identification that you are a member of the Armed Forces,

• write personal letters, not for publication, expressing preference for a specific political candidate or cause, provided that the letter writing is not part of an organized campaign on behalf of a partisan political cause or candidate,

• make monetary contributions to a political party subject to the limits imposed by federal law, and

• display a political sticker on a private vehicle.

Prohibited Activities

Certain activities are prohibited by law and directive. You, as a servicemember, may NOT—

- use official authority or influence to interfere with or affect the course of a political campaign,
- ask for votes for a particular candidate or issue,
- ask for political contributions from others,
- become a partisan candidate for civil office except as expressly provided by DoD directives,
- make public speeches or participate in partisan political management or campaigns,
- make a campaign contribution for the promotion of a political objective, or cause another member of the Armed Forces or an employee of the U. S. to do so,
- cause or permit the publication of

partisan political articles signed or written by you as a member of the Armed Forces for the purpose of soliciting votes for or against a partisan party or candidate.

• serve in any official capacity or be listed as a sponsor of a partisan political club,

• speak before a partisan political gathering or take part in any radio, television, or other media program or group discussion as an advocate of a partisan political party or candidate,

• distribute partisan political material,

• ask for or engage in fund-raising activities in federal offices, facilities, or reservations,

• march or ride in a partisan political parade,

• sell tickets or otherwise actively promote political dinners or other fund-raising events, and

• attend, as a representative of the Armed Forces, even appearance-wise, any partisan political event even though there is no active participation.

While there are other activities not expressly outlined as being prohibited, they could be considered contrary to the spirit of Department of Defense directives.

Remember—if you decide to write or openly state your views, you should make it clear that you are doing so in your private capacity as a citizen and not as a member of the Armed Forces.

If in doubt, visit your unit legal assistance office for advice.
It's your vote—USE IT! (AFPS)



Happy Valentine's Day
Feb. 14

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HN Rick Pappas
HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

GSA colloquium on records, info management held here

Nearly 90 government representatives, including a half-dozen members of the Naval Regional Medical Center Oakland staff, attended a day-long colloquium on



REGISTRATION—Mary Ng of National Archives and Records Service helps colloquium attendees Ensign Mike Biggs of NRMCO and Cliff Hagle of McClellan Air Force Base with registration.



FEDERAL GET-TOGETHER—Taking a coffee break together were (l to r): Norman Peterson, National Archives and Record Service; Bob Brock and Joan Stivers, Marc Analysis Research Company, and Betty Raab, NRMCO.

At reenlistment time

Faster Guard III responses coming under new NMPC system

Guard III is a program which has matched many career Navy people with their choice of duty at reenlistment time. Moving to support CNO's No. 1 objective—**retention**—Navy Military Personnel Command (NMPC) has initiated two moves to enhance this matching process.

NMPC will now respond to message requests for Guard III assignments with message responses committing the Navy to a specific assignment as requested, or offer a counter proposal when that assignment is not available. The other move taken was establishment of a hotline for COs and XO's who have reenlistment prospects who are within 30 days of separation.

Guard III requests are normally answered within 10 working days. Most of this time can be attributed to the lengthy and relatively complicated responses required and the order writing process. Under the new procedure, NMPC will make the commitment for a particular assignment by message. This will be the CO's authority to enter a Guard III guarantee in Block 32 of the reenlistment con-

tract. Orders will then follow in the normal manner.

records and information management, Jan. 23rd in the Oak Knoll Officer's Club. The symposium on creating, classifying, indexing, storing and retrieving records and information in a multi-media environment, was sponsored by the U. S. General Services Administration National Archives and Records Service in conjunction with the San Francisco Bay Area Federal Administrative Officers Group, Federal Word Processing and Office Technology Council, and the Federal Records Management Advisory Panel.

The purpose of the colloquium was to explore existing and future alternatives to burgeoning paperwork throughout the federal government to achieve cost effective information management. Managers are increasingly using non-paper records and film and electronic methods to manage the vital source of information.

In panel discussions, specialists from the private sector presented their views on paperwork alternatives, later leading discussions with attendees. Speakers from private industry were Ken Gajewski, Xerox Corporation; Lisa Baker and Ed Westlund, 3-M Company; Fenwick Holmes, Del Monte Corporation; Bob Brock, Marc Analysis and Research Corporation, and Garrett Gruener, Teknedron.

Also addressing the group was Gilbert Dorame, Assistant Regional Administrator for National Archives and Records Service.



MUTUAL INTEREST—Betty Raab, Manager of Word Processing at NRMCO, discusses items of mutual interest with Gilbert Dorame, Assistant Regional Administrator for the National Archives and Records Service.

Retention hotline offers latest news

A three-minute recording, which allows a caller to obtain current information on Navy retention initiatives and status of legislation possibly affecting Navy personnel, has been established in OpNav.

The phone number is commercial 694-3722; Autovon 224-3722.

VA advises departing personnel obtain copy of release certificate

The Veterans Administration said today that military personnel planning to use VA benefits within 60 days should obtain carbon copies of discharges or release certificates at the time they are separated from active duty.

The agency said presentation of Copy No. 4 of the discharge or release certificate will assure prompt processing of benefit applications.

The new discharge or release certificate, which went into use Oct. 1, 1979, does not indicate the character of service or type of separation but this information appears on the fourth carbon copy of the certificate. In general, eligibility for

VA benefits requires discharge or release from service under other than dishonorable conditions.

The military services routinely send VA another carbon of the certificate, containing the eligibility information, but this copy normally does not reach the local VA office within the time many veterans apply for benefits.

The VA said the Defense Department is reminding all personnel leaving active duty of VA's service information requirements, and is also recommending they obtain a carbon copy of their discharge or release certificate to speed up VA's determination of their eligibility.

New law OKs CHAMPUS help for service-connected disabilities

Authority for CHAMPUS beneficiaries to continue receiving coverage for service-connected disabilities has been enacted into law.

Signed by the President on Dec. 28, 1979, the new legislation amends an earlier public law which was interpreted to exclude such coverage by CHAMPUS due to the availability of treatment under the Veterans Administration.

The new law (PL 96-173) provides that no person eligible for CHAMPUS benefits may be denied coverage for a service-connected disability solely on the grounds that the person is entitled to care for the disability in a Veterans Administration medical facility.

For your info---



CHAPLAINS LUNCH—Captain Malin Seiders, BuMed Chaplain, visits Naval Regional Medical Center Oakland on Jan. 21 and lunched here with numerous other military chaplains of the bay area. Pictured at (clockwise): Commander Richard McCue, NAS Moffett Field; Lieutenant Larry Grant, NAS Alameda; Lieutenant Roy B. Hamilton, USN HECTOR; Commander Robert Mayou, Coast Guard Training Center Alameda; Lieutenant Commander William Bullock, on active duty reserve training with COMSERVGRU I; Lieutenant Commander Herman Windler, COMSERVGRU I; Captain Seiders; Lieutenant Commander Harold Eslinger, NAS Alameda; Commander John Berger, COMSERVGRU I; Commander John Leshner, NRMCO; Lieutenant Commander Floyd Ellison, NRMCO; Captain Owen Hodge, NRMCO, and Captain Frank McDonnell, NSA Treasure Island. Also attending, but missing from the photo, were: Captain Wayne Rusting, NAS Alameda; Captain Robert Warren, NSA Mare Island; Lieutenant Sam Tambourin and Lieutenant Commander Mel Harty, both of NRMCO, and Lieutenant Greg Pokladowski, Coast Guard Training Center, Alameda.

MM2 Elliott

Oak Knoll's 'Sailor of Month' is security patrolman

The "Sailor of the Month" selection board chose Machinist's Mate Second

Class Roynal Elliott as Naval Regional Medical Center Oakland's best for the



PROTECTING THE PREMISES—Machinist's Mate Second Class Roynal Elliott is one of Operating Management's security team members. His superior performance has earned him Oak Knoll's "Sailor of the Month" award.

month of December.

Petty Officer Elliott, who has been assigned here for a year and a half as a security patrolman, has been in the Navy six years and expects to go back to sea duty in October.

Originally from Green Pond, S.C., he studied in two semesters of college at South Carolina State. Additionally, he has completed several specialized training courses in the Navy, including boiler feeder water testing, shipboard material maintenance ("3M"), firefighting, auxiliary machinists school, and 600-pound auxiliary maintenance. He

would like to obtain a degree in marine engineering.

Petty Officer Elliott holds the Good Conduct, Navy Expeditionary, Armed Forces Expeditionary, Battle "E" and National Defense decorations.

The patrolman, his wife Shirley and son Alexander make their home in Oakland, where the Navy man is coach for his church's Little League softball team.

Other interests include football, basketball, wood shop, auto mechanics and reading.

From 1973 to 1975 he played football with the Yoko Seahawks in Japan.

Navy notes from sea and beach

AEGIS SHIPS REDESIGNATED AS CRUISERS

Aegis ships, originally designated as guided missile destroyers, will be redesignated guided missile cruisers. Originally slated to carry the hull designation and number, DDG-47, the first Aegis ship will instead become CG-47. This first ship currently under construction, is scheduled to be delivered to the fleet in January 1983.

The as-yet-unnamed lead ship of the class compares in size and armament to current modern cruisers in the U.S., Allied, and Soviet Navies. In fact, its capabilities will exceed those embodied in cruisers currently in use.

Ships of this class, built on the same hull as Spruance-class destroyers, have a larger displacement and a more capable, flexible weapons package.

The heart of the new cruiser is its computer controlled Aegis weapons system that uses a radar to "see" in all directions almost at the same time. It can detect and track hundreds of aircraft and/or missiles at once. Data acquired by this system is processed and evaluated by the high speed computer, and an appropriate defensive response is arrived at automatically in seconds.

In addition to directing new standard Missile 2 weapons against airborne targets, the Aegis combat system will control the ship's rapid fire guns, surface-to-surface missiles and antisubmarine weapons.

THROUGH RAIN, SLEET, SNOW—BUT NOT NEW YORK!

More than 18 months ago, it was announced that mail destined for Naval activities in the Caribbean and Central American area was going to be routed through Fleet Post Office (FPO) Miami, vice FPO New York. The change took effect Sept. 1, 1978 but a lot of people are still addressing mail incorrectly, sending it via FPO New York.

Since August 1979, all official mail, except official registered mail, which had been misaddressed, has been returned to the sender. As of Jan. 31, the official registered mail is also being returned when it is addressed to Caribbean or Central American commands via FPO New York.

THAT'S WHERE IT IS

A Soviet ship shadowing American units in the Indian Ocean wanted to know the whereabouts of the carrier USS KITTY HAWK and flashed a signal to USS FANNING "Where is KITTY HAWK?" The frigate answered: "It's a small town in North Carolina."

People make news ---

Nurse in spotlight:



PART OF ROUTINE—Lieutenant (junior grade) Robin J. Orr checks the blood pressure of a patient in Oak Knoll's Emergency Room.

Emergency Room nurse 'quiet, competent, confident'

A relatively new member of the Naval Regional Medical Center's Emergency Room is said to be by his supervisor "quiet, competent, dependable, and confident in himself."

She is speaking of Nurse Corps Lieutenant (junior grade) Robin J. Orr, who hopes to augment to the regular Navy and eventually retire from service, "open up a photography studio and give obstetrics anesthesia on the side."

The male nurse from Manasquan, N. J., attended Texas A & M University, enlisted in the Navy (1967-1971) which took him to the Mediterranean aboard the carrier USS AMERICA, and returned to college at Monmouth, N. J., where he received his nursing degree from the Ann May School of Nursing.

He was assigned to Oakland two years ago this month and in off-duty hours from his work here, has earned a bachelor of arts in psychology from Columbia College.

Lieutenant Orr has three years' civilian operating room experience and served on the New Jersey First Aid Council for 10 years. He is a certified critical care nurse, lifeguard and scuba diver.

At Oak Knoll, he first served as a staff nurse on 7 West (Orthopedics) and was transferred to the Emergency Room late last year. He serves as that activity's education officer and also is a committeeman on standardization and hospital education.

"I enjoy working (in the) Emergency Room and would like to remain here," he said. "I reentered the Navy to continue my education and have applied to anesthesia school. I would like to serve the Navy as a nurse anesthetist in the future."

The Nurse Corps officer has played on Naval Regional Medical Center Oakland baseball and football teams for two years. He also enjoys skiing and racketball on off-duty time.

He and his wife, Shelley Kane Orr, a former operating room nurse, are the parents of a nine-year-old daughter named Marlo.

Directory Service supervisor to retire after 20 years

Before another issue of *Oak Leaf* is published, Postal Clerk First Class Florencio M. Garcia, Jr., affable postal supervisor of Directory Service at Oak Knoll, will have retired after 20 years' service in the U. S. Navy.

Petty Officer Garcia will hang up his uniform on Feb. 13, put on his college clothes, and enroll the next semester at Los Medanos College in Pittsburg to complete his education. He then hopes to find a suitable position with the U. S. Postal Service.

The son of Dr. and Mrs. Florencio C. Garcia, Sr., of Manila, P. I., took pre-

med training with Far Eastern University in Manila.

During his Navy career he has held billets as an accountable postal clerk aboard the USS WABASH (AOR-5) the USS YOSEMITE (AD-19), and at the Combat System Technical Schools Command, Mare Island. He came to Naval Regional Medical Center Oakland approximately two-and-a-half years ago.

Military schooling has included nuclear weapons, damage control (ship-

board), petty officer, and small arms indoctrination, as well as a course in career information and counseling.

He holds the National Defense Service Medal, Vietnam Service Medal, Vietnam Campaign Medal, Vietnam Civic Action Medal, Vietnam Gallantry Award, Navy Unit Commendation Ribbon, Armed Forces Expeditionary Medal and four Good Conduct Awards.

Petty Officer Garcia and his wife Teresita are the parents of three daughters, Jean Christine, Nanette Cecile and Tricia Cindy. They make their home in Pittsburg.

The postal specialist enjoys sparetime hobbies of bowling, basketball and fishing.



PC1 Florencio M. Garcia, Jr.

Fifty-six petty officers advanced in rate

More than 50 hospital corpsmen and an engineman assigned to this medical region were advanced in rate during this reporting period.

Those promoted, their new rates and duty assignments, are:

Hospital Corpsman First Class (HM1)

Frank G. Gillette, Neuropsychiatric School instructor.

Peter J. Franke, Stockton Branch Clinic.

HM2

William R. Hakin, Alcohol Rehabilitation Service.

Larry A. Dunn, Laboratory Service (Histopathology).

James M. Caldwell, **John A. Crompton**, **Alan Daniels**, **Paul K. Schultz** and **Richard B. Wolf**, all of Preventive Medicine Technician School.

Judy L. Hitzke, Urology Service.

HM3

Benjamin T. Adona, District Medical Office.

Roy L. Vincent, Education and Training.

Thomas A. Ludwig and **Gary A. March**, both of Ear, Nose and Throat Clinic.

Kevin D. Sunitsch, Gastroenterology Laboratory.

Barbara A. Caron and **Ronald A. Donner**, both of Hypertension Clinic.

Herman Cortez, **Dennis L. Dean**, **Manuel N. Foster**, **David M. Garcia**, **Teofilo V. Igama**, **Sara A. Jackson**, **Dale E. Johnson**, **Steven F. Luft**, **Bruce D. Rankin** and **William F. Sallin, Jr.**, all of Nursing Service.

Maria M. Evans, **Randolph F. Hanson** and **Jeffery R. Swatman**, all of the Main Operating Room.

John T. Charbonneau, **Karen F. Edmonds**, **Joseph M. Gallagher**, **Jeffrey A. Jones**, **Sheriann M. Johnson**, **David Nichols**, **William J. Petaccio**, **Bruce A. Sinks**, **Jack L. Stahley** and **Matthew F. West**, all of Operating Room School.



RECOGNITION—The Secretary of the Navy recently bestowed medals to two Naval Regional Medical Center Oakland staff members, Chief Boatswain's Mate Charles Lamar (left) and Commander Hudson B. Price. Chief Lamar earned the Navy Achievement Medal for superior performance of duty while serving as the Leading Chief Petty Officer of the Alcohol Rehabilitation Service here. Commander Price, Comptroller, was presented the Navy Commendation Medal for meritorious service in his previous assignment in a like position with NRMCC Jacksonville, Fla. The citations accompanying the medals were both signed by Admiral Thomas B. Hayward, Chief of Naval Operations.

Speaking of health care

PC Clinic recommends advance appointments

Naval Regional Medical Center Oakland (NRMCO) reminds its patients that they can avoid undue waiting at Oak Knoll's Primary Care Clinic if they make appointments in advance by calling (415) 639-2434 or 639-2399.

The clinic is open on an appointment basis seven days a week, with the exception of major holidays. Appointments may be made between the hours of 8 a.m. to 8 p.m., Monday through Friday; 8 a.m. to 4 p.m., Saturday, and 10 a.m. to 4 p.m., Sunday.

At present, a spokesman said, beneficiaries are arriving at the Primary Care Clinic en masse without prior appointment, causing themselves delay, frustration and inconvenience.

Regional Poison Center saves lives thru timely advice

A teaspoon of insecticide, stored in an unlabeled bottle and mistaken for cough medicine was given to a two-year-old child recently, causing a near tragedy for one Bay Area family.

The distraught parents rushed the baby to the nearest hospital emergency room. Although he appeared normal, doctors there called the University of California San Francisco (UCSF)-sponsored Bay Area Regional Poison Center at San Francisco General Hospital for advice.

The Poison Center staff was given a specific description of the insecticide involved. They advised attending physicians that the child had to be treated immediately despite the absence of symptoms at that time. They also described the symptoms which they said would occur soon, and they recommended an antidote for the poison given immediately.

Within a half hour the child became seriously ill. Meanwhile, the recommended treatment had begun. The patient was moved to the Intensive Care unit, but after a few days, he made a complete recovery and went home from the hospital.

This incident illustrates the kind of accidental poisoning situation that unfortunately occurs all too often in households where there are young children. According to Theodore G. Tong, Pharm. D., program director of the Poison Center, it also shows how effective a phone call to the Poison Center can be in such emergencies. (The 24-hour toll-free number of the Poison Center is 800-792-0720 for calls originating outside of San Francisco area. In San Francisco, call 666-2845.)

Recently, the Bay Area Poison Center, which opened in February 1979, took its 11,000th call. An average of 50 to 60 calls were answered daily by the center's staff of registered nurses and pharmacists who are trained information specialists on poison and have prompt access to vital information on over 150,000 poisonous substances.

Dr. Tong reports that a statistical summary of calls received to date from various Northern California counties discloses that more than 75 percent of these calls involve actual poisoning occurrences. However, with the help of the Poison Center's staff, four-fifths of these poison victims are successfully treated at home.

Children six years of age or younger are involved in more than half of the poisonings. Nearly 83 percent of the poisonings are by ingestion.

Drugs account for one-third of the poisonings; chemicals, some 15 percent and plants more than 10 percent. Other poisonous agents, listed in the order of

frequency, include household cleaning products; petroleum products, including gasoline; pesticides; detergents or shampoo; cologne or perfume; toxic fumes including gas; and venom from bites or stings.

Two-thirds of the calls are made by consumers. The other calls come from physicians, nurses, and other health professionals calling from hospital emergency rooms, physicians' offices, or from the work place.

The Bay Area Regional Poison Center is made possible through the cooperation of the UCSF Schools of Pharmacy and Medicine and the San Francisco Department of Public Health. It is supported in part by grants from the Emergency Medical Services of San Mateo, the East Bay Joint Powers Region and North Contra Costa counties.

Emergency can always be seen at NRMCO's emergency room; however, medics consider "emergencies" to be potential life-threatening problems such as recent trauma or critical illness. Flu symptoms, prescription refills and chronic illnesses are not emergency problems, they say, and these cases will be seen by emergency room personnel on a last priority basis after true emergencies have been treated. Normally, non-emergency patients will be seen by the emergency staff only when the PC clinic is closed or all its appointments filled.

"Whenever possible, an advance appointment is a decided advantage to both the patient and staff," one officer declared.

They taste so good to little guys

Small children seem to put everything in their mouths. As a result, about 100,000 children will swallow poisonous substances this year.

But those poisons are not only the rat killers and household cleaners most people think of. They also include medicines, cosmetics, paints, fertilizers, and houseplants.

The Food and Drug Administration notes that plants that cause the most trouble are philodendron, poinsettia, African violets, dieffenbachia, and begonias.

So keep all potential poisons, including plants and cosmetics, out of reach.

When you buy prescription or over-the-counter medicines, get containers with safety caps. You may think they're a nuisance, but they save lives.

Never tell a child that medicine tastes like candy.

Finally, have the number of the poison control center and your doctor near the phone, and keep a one-ounce bottle of syrup of ipecac handy. But don't use the ipecac unless the doctor says so.

For more suggestions, get the fact sheet, *Keeping Poisons and Children Apart*. It's free from the Consumer Information Center, Pueblo, Colo., 81009.

More frockings on health team

During this reporting period, the following Naval Regional Medical Center Oakland officers have been frocked to rank indicated:

Medical Corps
Commander William Murphy, Surgery Service.

Medical Service Corps
Lieutenant Daniel Angelier
Lieutenant Donald Belt
Lieutenant David Gustafson
Lieutenant David Taylor
Lieutenant Fred White
Nurse Corps
Lieutenant Frances Cox

Three to attend ACHA congress

Lieutenant Mike Lawson of Comptroller Service, and Lieutenant Commander Dave Vosloh and Lieutenant Dave Gustafson both of Operating Management, are among the more than 100 Navy officers who will attend a congress on administration sponsored by the American College of Hospital Administration (ACHA) in Chicago, Feb. 19-23.

The ACHA began these congresses in 1958 to exchange current concepts and directions in health care management. Navy participation in ACHA during

the early years was minimal; however, in the last decade there has been considerable growth in the number of Medical Service Corps officers accepted into the college.

NRMCO attendees will meet with their counterparts from command around the globe. The congress also provides an opportunity to exchange ideas and attend seminars with leaders in the civilian community in field education and business, as well as health services administration.

MIDWAY doctor makes 'house call'

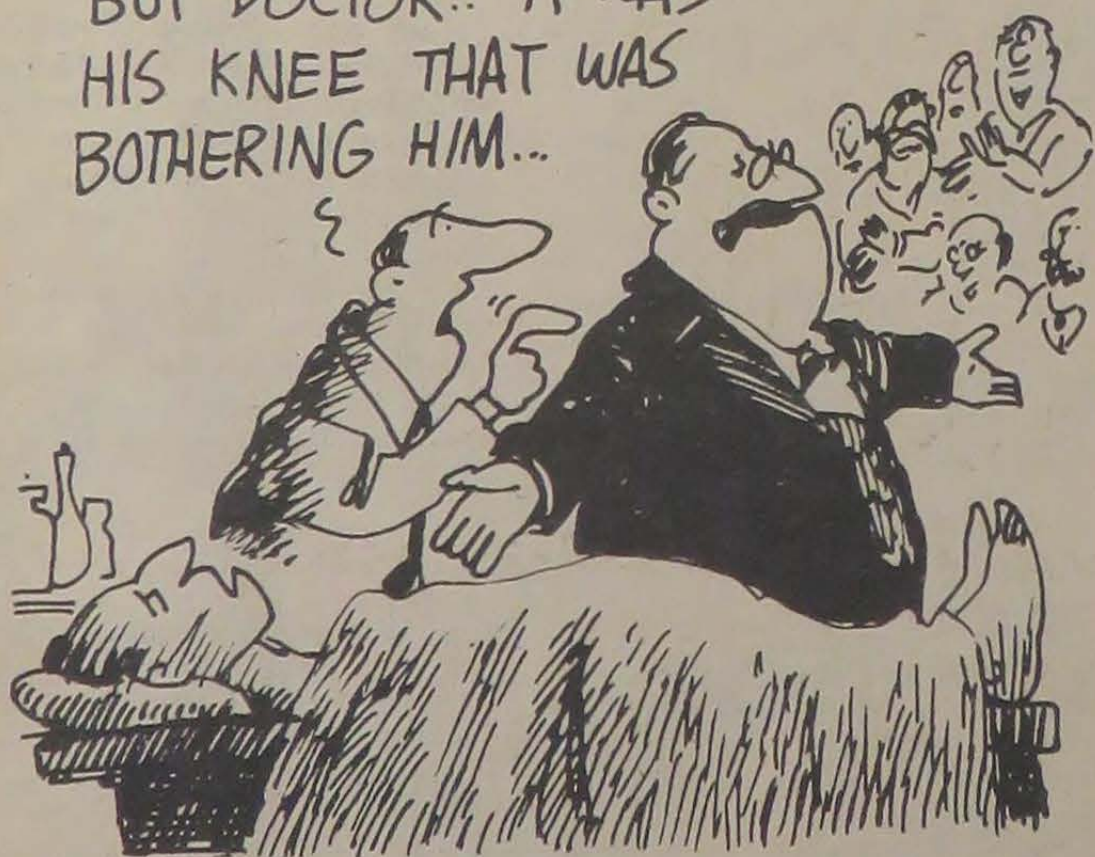
A seaman was lifted by helicopter from a British merchant ship transiting the Indian Ocean after a doctor from USS MIDWAY (CV 41), flown there to examine the man, recommended hospitalization aboard the carrier.

An appendectomy was performed on the man aboard the carrier, and he was then transferred to USS WABASH (AOR 5), which was steaming to Singapore.

NAVY, MARINE CORPS MEDAL FOR NAVY NURSE

Lieutenant Marilyn A. Day, Nurse Corps has received the Navy and Marine Corps Medal for her lifesaving deeds following an auto accident aboard the Marine Base, Camp Pendleton, Calif. Lieutenant Day pulled a trapped victim from his burning car and administered cardio-pulmonary resuscitation to another victim. She also coordinated other people's efforts at the accident scene.

BUT DOCTOR.. IT WAS
HIS KNEE THAT WAS
BOTHERING HIM...



The first modern demonstration of surgical anesthesia took place at Massachusetts General Hospital in 1846, when William Morton administered ether to a patient and a tumor was removed from his neck without the customary screaming and strong arms to pin the patient down.¹

© H. T. Bannister, Jr. 1978

¹FOOTNOTES IN MEDICINE

With the family ---

Oak Knoll scouts hold organizational meeting

Pack 428 of the Boy Scouts of America held its first meeting in the Education and Training building here, on Jan. 24.

Pack 428 includes Den One with eight Cub Scouts and Den Two with eight Beavers. The pack was formed under the Live Oaks Council and will be under the leadership of Lieutenant Earl Martin, Blood Bank Officer at NRMCO, as scoutmaster.

Highlights of the first meeting included skits by the youngsters and sailboat races by both dens. (See photo). A Blue and Gold Dinner is scheduled for Feb. 28. Donations of no longer needed scout uniforms will be appreciated. If you would like to help, please call Bonnie Panas at 562-3771.

Members of Pack 428 include: Brian Adams, Hugh Dainer, Aaron Evans, Elvin Elliot, Richard Hibbs, Wesley Hodge, Mark Lawson, Eric Martin, Greg O'Shea, Patrick O'Shea, Eddie Panas, Mark Pulicchio, Daryl Vines, David Vines, and O. T. Watkins.



GO BABY GO!—Daryl Vines (left) and Eddie Panas participate in sailboat race as part of the festivities during the organizational meeting of Pack 428. Lieutenant Earl Martin, scoutmaster, stands in background. (Private photo)

Read the fine print when shopping by mail

The ad looks great. It is just what you want for that birthday or special occasion gift. And the copy says, "We will send the custom-made quilted bread basket within 10 days."

If the ad says, "within 10 days," that's when the company must send it, according to a Federal Trade Commission (FTC) rule. And if the company cannot send the merchandise when they say they will, they must give you the option of cancelling the order and getting a full refund.

Of course delays can sometimes happen. In that case, the seller must tell you when the new shipping date will be and give you the option either to cancel the order and get a full refund or agree to the new shipping date. The seller must also give you a stamped envelope or postcard to send back your answer. If the delay is less than 30 days and you don't respond, it means you agree to the new shipping date. But, if the delay will last longer than 30 days, you must respond. Otherwise, the seller will consider your order to be cancelled.

Because so many types of things are sold by mail order, it is impossible for one rule to cover all types of merchandise. So these rules do not apply to mail order photo finishing, magazine subscriptions, and other regular deliveries, such as material from book and record clubs, except for the first shipment. Nor do they apply to seeds and plants.

The FTC has an updated pamphlet that spells out your rights when you order by mail. For your free copy of *Shopping by Mail*, send a postcard with your name and address to the Consumer Information Center, Dept. 690G, Pueblo, Colo. 81009.

Here are some other tips to help you protect yourself:

- Investigate the advertiser's claims if you can, and check the return policy.
- Note the delivery time stated, and allow enough time to get the merchandise you are planning to give as a gift.
- Keep a copy of the order blank with a note of the date you sent the order, what you ordered, and your check number.
- Finally, hold onto your cancelled checks or charge account records. If you have a problem later, these papers will be necessary to prove your side of the case.

And if you do have a problem, contact your local or state consumer protection office, the consumer protection office nearest the company, or your local post office. They can often help you resolve your complaint.

Refund due land fraud victims

Hundreds of military men and women who purchased land in six developments in Colorado may have a share in the nearly \$8 million ordered refunded recently by the Federal Trade Commission.

Under the FTC order, developers who sold lots in the following Colorado properties must make refunds:

- San Luis Valley Ranches,
- Rio Grande Ranches,
- Top of the World,
- Larwill Costilla Ranches,
- Hartsell Ranch, and
- Estates of the World.

These properties were advertised extensively in military-oriented publications in the early 1970s.

The FTC settlement order applies to those who purchased lots in these developments during the period Jan. 1, 1971—Jan. 1, 1974.

It was during this period, according to the Federal Trade Commission, that the developers used deceptive practices to sell the lots.

Buyers who purchased lots during that period are entitled to a refund amounting to 70 percent of the money they invested in the development.

In return the buyer must agree to return their lots to the selling companies.

Future payments due on the land purchase contracts are cancelled if the refund is accepted.

The Federal Trade Commission may be contacted by:

- Writing: Federal Trade Commission, Washington, D. C. 20580, or
- Telephoning toll-free (800) 525-5816 for those outside of Colorado; within the state the number to call collect is (303) 837-4626. (AFPS)

How to invest in real estate

New sessions of the Central YMCA's classes on how to invest in real estate will begin at Ft. Mason, Feb. 4 and in San Francisco Financial District, Feb. 5.

The course covers raising a downpayment, arranging financing, appraisal, creating tax shelters, and more. The instructor is a licensed realtor and successful real estate investor.

For further information, contact Central YMCA, 220 Golden Gate Ave., phone 885-0460.

Soup labels help school project

The King Estates Student Council and PTA are holding their annual soup label collection to obtain educational and recreational equipment for the junior high school.

Individuals wishing to help may send labels from Campbell's and Franco-American products before Feb. 22 to the King Estates Junior High School Parent Teacher Association, 8251 Fontaine St., Oakland, Calif. 94605.

A spokesperson said no funds are solicited or desired. . . just the label from that soup can you are about to discard. Their goal of 15,000 labels could provide the school with a portable megaphone for social and outside athletic events, a tape recorder, microscope, or math games.



Little acorns. . .

The following new additions to the Navy medical "family" have arrived at Naval Regional Medical Center:

A baby boy named Brendan Charles to Medical Corps Lieutenant Charles R. Hinman, Surgery Service, and his wife Diane, Jan. 17.

A baby girl to former Hospitalman Arlene (Pereira) Dike and her husband, Aviation Antisubmarine Warfare Operator Second Class James F. Dike, NAS Moffett Field, Jan. 6.

Justin has baby sister

Justin Newsome, the popular little patient who spent more than half of his first year of life as a patient on Oak Knoll's pediatric ward, now has a baby sister.

Regina Marie arrived here in perfect health Jan. 15, weighing-in at 7 lbs. 4 1/2 oz., and measuring 19 inches in length.

The children's parents are Aviation Machinist's Mate Third Class Mitchell Newsome and his wife Gale, who make their home in Alameda.

Last November Justin was guest of honor at a big birthday party hosted by the staff while he was still an inpatient. He was able to go home for the first time a few days later.

Kids in the kitchen 'cook' chicken

(EDITOR'S NOTE: The following "recipes" are from a collection authored by 6 and 7-year-old second grade students of Mrs. Maxine Rizzi's class at St. Paschal's School in Oakland; reprinted with permission. This particular list covers the ever-popular chicken. . . minus any editing.)

Fired Chicken

First you buy chicken. Then you light a match and burn the hair off. Then you

put oil in the pan. You put ten pieces of chicken. Turn the chicken over and wait you take the chicken off and that is it how you make fired chicken for grase

From the Sheft Brandon

The menu of today is chicken

Put some flour in a bag put one piece of chicken at a time put it in a big pan in some oil one teaspoon. Cook at 350° The pan 12 x 12 cook one our

Anthony's Resterant

Off duty - -



MEET CAROL—Hospitalman Carol Foley of the Operating Room has volunteered to cover the NRMCO sports scene for Oak Leaf. If you have tips or stories about any type of league or sporting event, give her a call at Ext. 2023. The vivacious, attractive blonde Navy woman hails from Texas and has been assigned to Oak Knoll since September. She enjoys creative writing and all forms of competitive and non-competitive sports.

Navy bobsled team eyes Olympics



The Navy bobsled team is in Lake Placid, N.Y., the site of the 1980 Winter Olympic Games, competing in the Olympic trials. If they keep up their current pace, they may not only be selected to the team, but will have earned the right to sport the coveted "USA Number One" on their Navy blue and gold sled.

Former Olympian Boatswain's Mate First Class Bill Renton of UDT 21, is the driver of both the Navy two- and four-man entries. He and his four special warfare community teammates are breaking all the track records in Lake Placid and setting the pace for Americans competing in the trials.

New Year's Eve saw Renton drive the Navy four-man sled to the bottom of Mt. Van Hoevenberg at speeds of over 90 miles per hour with a record breaking time of 1 minute, 2 seconds and 60/100 (1:02.60).

Final Olympic team selection will be made by the national bobsled committee early this month.

Qs and As of photo art

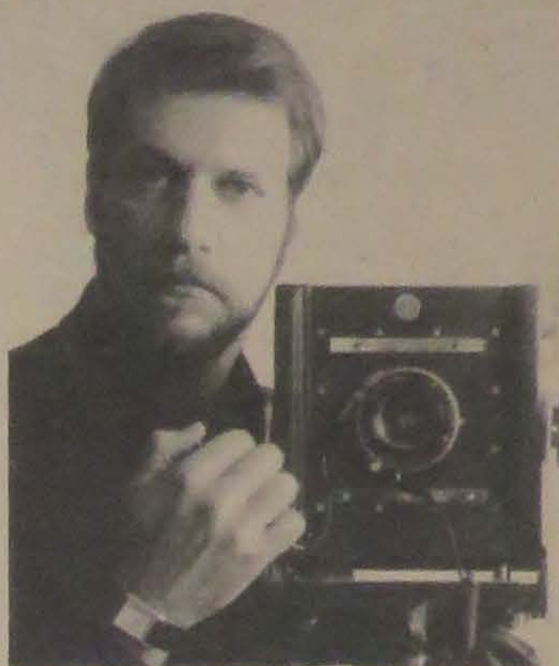
By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)

Q. Whenever I take portrait-type shots with a flash unit mounted directly on my camera the subject's eyes appear red. Why is this and how can I correct it?

A. This is a condition commonly known as "red-eye" and is caused by the very reason you mentioned—the flash being mounted directly on the camera or too close to the lens axis. What is actually taking place is that the light entering the eye is striking the retina at the back of the eye, illuminating the blood vessels, and is then being reflected back on nearly the same axis. This is what tints the pupils red and can be minimized by raising the surrounding light level in a room so as to decrease the diameter of the pupil's opening. The only way to eliminate it is to use the flash off the camera (and away from the lens/flash axis) in any direction.

Q. Recently I was taking some flash pictures indoors with my single-lens reflex and when I got the shots back, only half the picture was there and the



other half was completely black. What causes this?

A. Most 35mm single-lens-reflex (SLR) cameras with focal plane shutters are designed to synchronize the firing of the flash unit with the opening and closing of the shutter at 1/60th of a second. Although it does seem instantaneous that the shutter opens and closes, and fires the flash all at the same time, it (the shutter curtain) does take additional time (milliseconds) to reach the fully open position, so that when the flash is set off you get a fully exposed picture. If you shoot at a shutter speed of 1/125th of a second or faster with your type of camera, then you've not given the shutter curtain time to complete its travel, and the result is a half-exposed or less picture. On the other hand, if you try to synchronize the flash at too slow a speed (1/30th or slower) and the surrounding room light level is high enough to register an image on the film, then you will get one sharp image from the flash and another less sharp, secondary "ghost" image.

NRMCO personnel may join Moffett tours

NAS Moffett Field has invited Naval Regional Medical Center Oakland personnel to join them on the many trips and tours scheduled over the next few months. In most instances, it will be necessary to join the group at Moffett; however, a spokesman said, whenever the Moffett bus is headed toward Reno, Tahoe or other areas that take them on a route past Oak Knoll, they will pick up tour members right here at the hospital.

In all cases, if you reserve early enough, you may make the reservation and pay for the trip right here on base at the Special Services Office, Ext. 2479.

Among the upcoming trips planned by the Moffett Program Office are the following:

Feb. 7: Horse Racing at Bay Meadows. Includes Turf Club buffet, tickets, program, souvenir photos and reserved tables overlooking the track. Leave Moffett at 5:30 p.m., return at 11:30 p.m. Cost: \$12.

Mar. 2: Carmel Shopping. Leave Moffett at 9:30 a.m.; return 5 p.m. Cost: \$5.

Officers bowling opens to spouses

The Tuesday night Officers' Mixed Bowling League rules have been modified to include spouses of officers.

For further information, contact Lieutenant Commander Bruce Panas, Food Services, Ext. 2493.

Mar. 4: Occidental. Travel across Golden Gate Bridge through picturesque Marin County. Have lunch in Occidental and then visit Korbel Winery. Leave Moffett 9:30 a.m., return 5:30 p.m. Cost: \$12.

Mar. 6: "In Review". Hear Irving Berlin's famous hits sung by a very talented group of individuals. Leave Moffett 7 p.m.; return 11:30 p.m. Cost \$9.

Mar. 8: Reno Red Eye. Hop aboard Moffett Flyer for an evening in Reno. You will receive bonus package. Leaves Moffett at 10 a.m., Mar. 8; returns 8 a.m., Mar. 9.

Mar. 13: Gold Country. The stage coach route through California's most historic country comes alive on this trip. Lunch at Blackbart Inn. Leave 8 a.m., return 6 p.m. Cost \$10.

Other trips include a ski and gambling trip, Mar. 14-16; three days to San Diego and San Juan Capistrano, Mar. 17-20; Hearst Castle, Mar. 22-23; and Railtown to Jamestown, Mar. 26.

For details, call Sally at Ext. 2479.

Bloomquist chief

Lieutenant (junior grade) Rick Bloomquist is acting chief of Recreational Services during the temporary absence of Lieutenant Commander L.A. Rinard.

Commander Rinard is attending a Mess Management School in Hawaii and is expected to return to Naval Regional Medical Center Oakland on Feb. 21.

MOVIES

Friday, Feb. 1
6 p.m.

TAKE DOWN—Edward Herrmann, Lorenzo Lamas—Comedy/Drama/PG

Saturday, Feb. 2
2 p.m.

IN SEARCH OF THE CASTAWAYS—Maury Chevalier, Haley Mills—Adventure/G

3:45 p.m.

STARHOPS—Dorothy Burdman, Sterling Frazier—Comedy/PG

Sunday, Feb. 3
6 p.m.

20TH CENTURY OZ—Joy Dunston, Graham M. Teters—Musical Comedy/R

Monday, Feb. 4
6 p.m.

F.I.S.T.—Sylvester Stallone, Rod Steiger—Drama/PG

Tuesday, Feb. 5
6 p.m.

ALIEN—Tom Skerritt, Sigourney Weaver—Science Fiction/Horror/R

Wednesday, Feb. 6
6 p.m.

A MAN, A WOMAN AND A BANK—Donald Sutherland, Brooke Adams—Comedy/PG

Thursday, Feb. 7
8 p.m.

PROPHECY—Talia Shire, Robert Foxworth—Horror Suspense/PG

Friday, Feb. 8
6 p.m.

A LITTLE ROMANCE—Laurence Olivier, Sally Kellerman—Comedy/PG

Saturday, Feb. 9
2 p.m.

THE RESCUERS—Animated Cartoon—Adventure/Comedy/G

3:25 p.m.

THE SWARM—Michael Caine, Katherine Ross—Horror Suspense/PG

Sunday, Feb. 10
6 p.m.

KEOMA (THE AVENGER)—France Nero, William Berger—Western Drama/R

Monday, Feb. 11
6 p.m.

HOOPER—Burt Reynolds, Sally Field—Action Comedy/PG

Tuesday, Feb. 12
6 p.m.

A FORCE OF ONE—Jennifer O'Neill, Chuck Norris—Drama/PG

Wednesday, Feb. 13
6 p.m.

"10"—Dudley Moore, Julie Andrews, Bo Derek—Comedy/R

Thursday, Feb. 14
6 p.m.

KILLER FISH—Lee Majors, Karen Black—Action Drama/PG

Volleyball still open

There's still time to form your team, as entries remain open for the Naval Regional Medical Center Oakland Volleyball League, which commences Feb. 14.

The league is open to all active duty female and male personnel, with play to be held on Thursday nights, beginning at 6 p.m.

For entry information, contact Ron Brown, Ext. 2479.

Bowling special
3 games \$1
11 a.m.-2 p.m.



PASSING THE KEYS—In a symbolic gesture to open NRMCO's new Unit Dose Drug Distribution System, Lieutenant Don P. Belt, officer in charge of the Unit Dose Branch of Pharmacy, hands the keys of the medication cart to Lieutenant Commander Loretta A. Griffiths, charge nurse for Ward 9-South. Witnessing are Hospital Corpsman Third Class Warren "Ray" Preston, background, and Lieutenant Commander Noel Hyde, at right. The new system, eliminating the previous floor stock method on Ward 9-South, went into effect Feb. 4. (More photos, Page 3)

Oak Knoll accredited for two more years

The Joint Commission on Accreditation of Hospitals (JCAH) has officially notified this command that Naval Regional Medical Center Oakland has once again been awarded a two-year accreditation.

In announcing the decision, Rear Admiral Walter M. Lonergan, Commanding Officer, said: "It is most gratifying to me, and I am sure to the rest of the staff as well, to receive this professional endorsement of quality patient care. It is also significant that once again, Oak Knoll has been granted accreditation by its professional peers for the maximum allowable period."

"I would like to take this opportunity to personally thank all military and civilian personnel of this center for their efforts in achieving this recognition, and in their day-to-day dedication to patients and the health care program of this region."

The decision for two-year accreditation was reached by the JCAH Board of Commissioners after review of the findings from an Oct. 18-19, 1979 survey of this hospital.

THE



**OAK
LEAF**

Naval Regional Medical Center Oakland, California

Vol. 42, No. 4

Friday, February 15, 1980

Unit Dose System initiated on Ward 9-South

The Unit Dose Drug Distribution System (Unit-Dose) was inaugurated on Ward 9-South at Naval Regional Medical Center on Feb. 4. The system promotes team effort in the administration of medications.

Utilizing this system, a copy of the physician's order for medication is sent to pharmacy for interpretation by the pharmacist. The pharmacist maintains a continuing medication profile on each patient, which provides information on allergies, diagnosis, medications, special diets and flow charts of significant laboratory values. The system keys on team effort and helps identify potential problems before they occur.

Unit-Dose places the pharmacist in direct contact with the physician and gives pharmacy responsibility for medications.

According to Lieutenant Don P. Belt, officer in charge of the Unit-Dose Branch of Pharmacy, the possibility for medical error can be significantly reduced through

the use of the Unit-Dose system.

Patient medications are drawn from a stock of prepackaged and labeled drugs. They're dispensed according to the orders contained in the patient's profile and delivered to the ward daily in individual patient drawers. Medications to be included in IV's are routed to the Intravenous Branch of Pharmacy.

Unit-Dose eliminates the need for the inventory of medications required for traditional floor stock systems. Losses due to expiration of medications will be substantially cut and the decreased availability of drugs also lessens the potential for pilferage.

Through the use of the Unit-Dose system the time required for paperwork and dispensing medications will be diminished, allowing the nurse to devote more time to nondistributive duties and patient care.

Two schools graduate students in Feb. 22 ceremonies

Two Naval Regional Medical Center (NRM) Oakland medical technician schools will graduate students in separate Clinical Assembly ceremonies on Feb. 22.

At 9:30 a.m., six corpsmen will receive certificates following a total of 12 weeks' neuropsychiatric technician training, six spent in didactic instruction at Ft. Sam Houston, Tex., and the remaining weeks in clinical training at Oak Knoll.

Shortly after 10 a.m., 10 new operating room technicians (ORTs) will be certified following 26 weeks of intensive training, which included eight weeks' didactic instruction on aseptic technique and 18 weeks of clinical experience in different surgical services, all at NRMCO Oakland.

Graduating from the psychiatric school will be Hospital Corpsman Third Class (HM3) Ralph Salyer and Hospitalmen Jomo Nkhereanye, Fredric Nataly, Richardo Gallegos, Barry Curtis and Gregory Primus. Their new duty stations had not been announced at press time.

HM3 John T. Charbonneau is the honor student of the operating room school. His new duty station will be with NRMCO San Diego.

Other ORT graduates and new assignments are: HM3 Douglas C. Blackowiak and HM3 John L. Clark, both to 3rd FSSG, Okinawa, Japan; HM3 John L. Coombs, National Naval Medical Center Bethesda; HM3 Mark W. Ferguson,

NRMCO Portsmouth; HM3 Corwyn L. Hill, USS ST. LOUIS (LKA 116); HM3 Jeffrey A. Jones, NRMCO Camp Lejeune; HN William W. Kerr, 1st Marine Brigade, Hawaii; HM3 Jack L. Stahley, Lemoore Naval Hospital, and HM3 Matt F. West, USS TARAWA (LPH 1).



TRADITIONAL SNIP—Rear Admiral Walter M. Lonergan, Commanding Officer, Naval Regional Medical Center, Oakland, and Captain Richard W. Poley, Chief of Laboratory Services, officially open the new Special Chemistry/Clinical Toxicology laboratory facilities. The ribbon-cutting ceremony was held Feb. 5. (more photos, Page 3)

SC/CT laboratory

Back in Building 500

The Special Chemistry/Clinical Toxicology Section of Laboratory Service moved from Bldg. 65-B to new quarters in Bldg. 500 (9-58-E31/33) here Feb. 4.

Open House was held following a ribbon-cutting ceremony to allow hospital staff to meet technologists and discuss lab facilities.

Employing the most highly sophisticated techniques, the Special Chemistry/Clinical Toxicology laboratories are equipped to analyze serum and body fluids from patients.

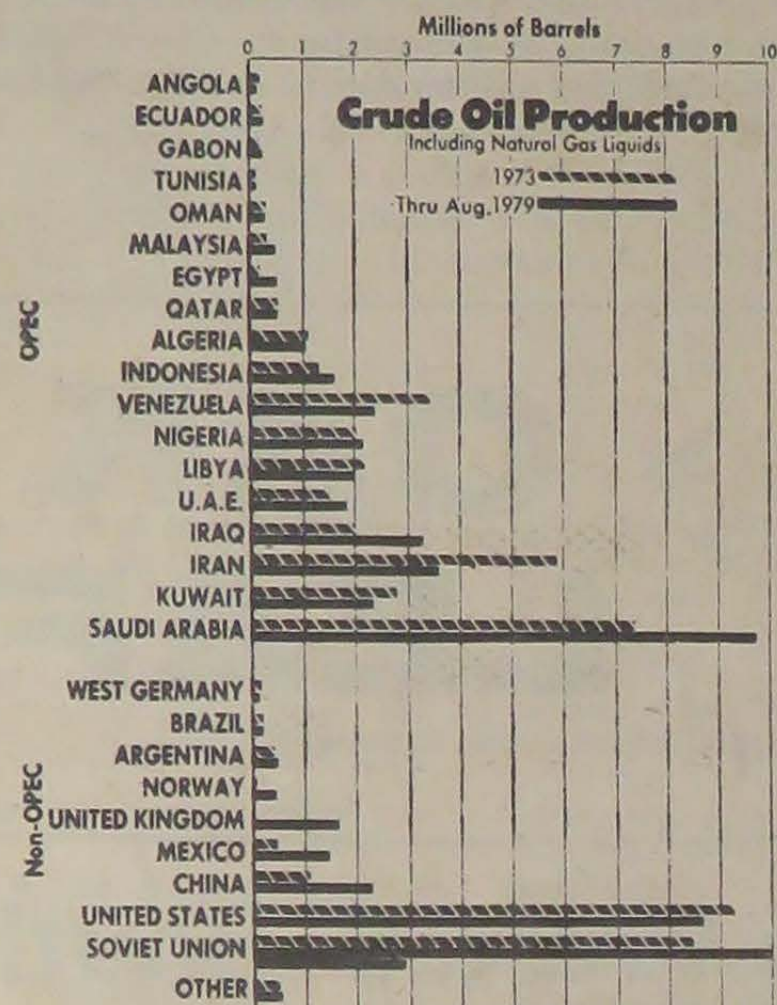
The most recent move will put the lab in closer proximity to other lab facilities and improve communications. It will also establish a closer liaison between the lab and clinicians who use its services.

Lieutenant Commander David M. Kouns, Officer in Charge of the Special Chemistry/Clinical Toxicology Section, will retain his offices in Bldg. 65-B. The Drug Screening Laboratory will also remain in Bldg. 65-B.

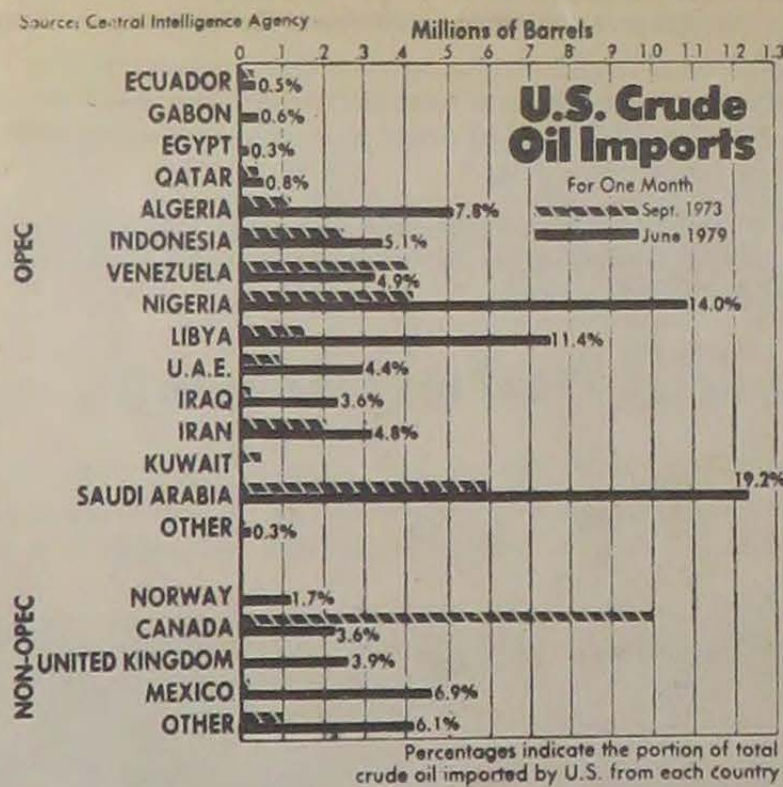
Editorial ---

OIL...

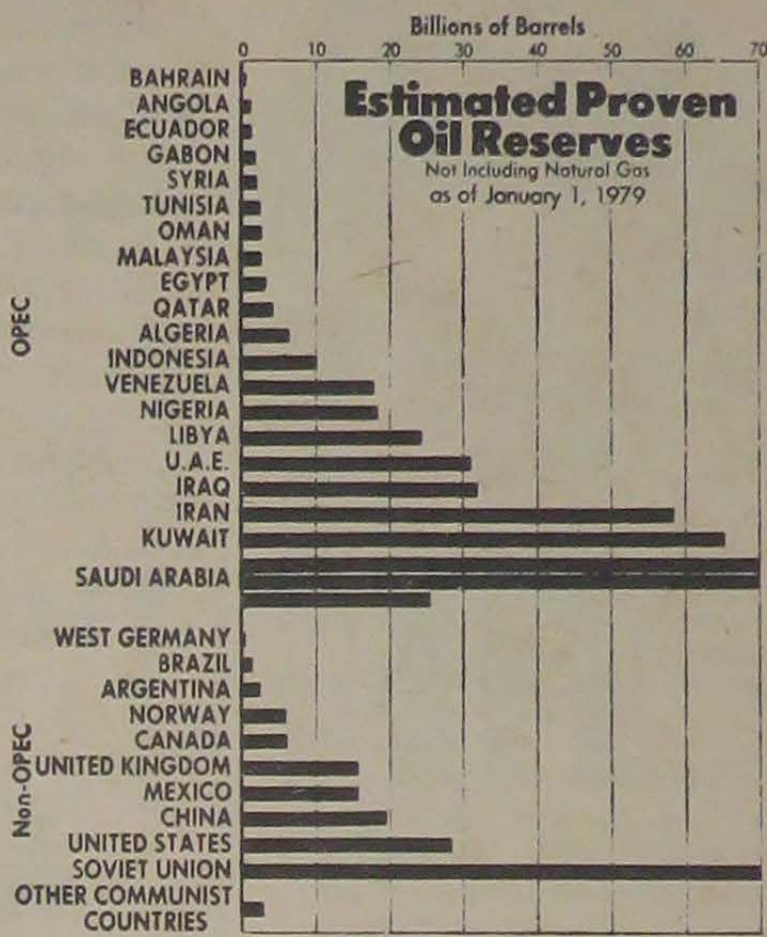
Who Produces It?



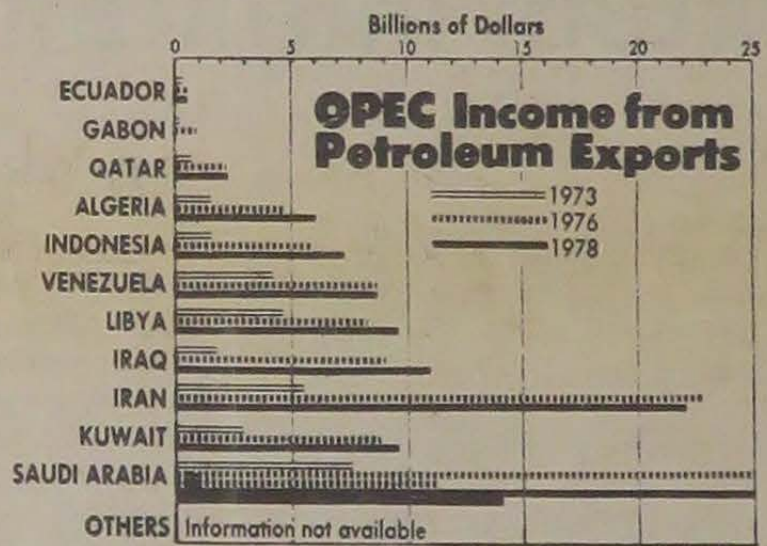
Where Do We Get It?



Who Has It?



What Do We Pay?



As you can see from the charts, we all have an interest in conserving energy.

Graphics courtesy The Washington Post
© December 18, 1979

Let's take another look

(A note from the editor)

Every newspaper we read, every radio news segment we hear, every television news program we view these days is full of startling information about world events—Afghanistan, bouncing stock markets, soaring prices, inflation—and most likely cause of it all...dwindling energy resources worldwide.

Oak Leaf, within its limited means, tries along with the rest of the media to keep our readers informed on issues that have, or are expected to have, a local long-range impact. Of the real information we receive from the Department of Energy, American Forces Press Service (AFPS), Navy Editors Service and other sources, we attempt almost every issue to publish a reminder about energy, which is, after all, America's most serious problem.

Although we are saturated with analyses, once in awhile something comes along that hits us squarely between the eyes and graphics describes the situation so that the muddle or befuddled thought process begin to function at higher r.p.m. So are the charts on the left of this page brought to us by AFPS last week through the courtesy of The Washington Post. Let's examine them together.

In the graph entitled "Who Produces It?" note that the United States leads the OPEC and non-OPEC nations in the production of crude oil in 1973, with the Soviet Union closing in behind and Saudi Arabia two million barrels behind in third place. Now look where the nations stand at the end of August 1979. The Soviet Union zipped past everyone else—even Saudi Arabia—now in second place—and was producing 10 millions of barrels of crude oil a year. Meanwhile, the U.S. lost ground to the tune of a million and a half barrels.

As we go on to the graph "Where Do We Get It?" observe that in 1973 the U.S. imported most of its crude oil from Canada, while last year Saudi Arabia, Nigeria and Libya (in that order), all of them OPEC nations, were our largest suppliers.

"Who Has It?", which shows the estimated proven oil reserves of the world, vividly describes Saudi Arabia and the Soviet Union in the lead a year ago, both with 70 billions of barrels over Uncle Sam is far behind.

In the final graph, "What Do We Pay?", note that the United States paid Saudi Arabia about \$8 billion in 1973. In 1976 we lined their pockets with about \$36 billion, while in 1978, the cost rose to nearly \$40 billion!

The answers are not new, but they are crystal clear. We must increase America's oil production while we are developing alternative forms of energy sources of energy and we must do so now. Each of us must also make more concerted effort to conserve what little remains in our existing fields.

Through these steps we still have a chance to get out from under the heavy dependence on foreign oil and the vulnerability it poses both to our nation's economy and defense.

A chance to try it in another Navy

Opportunities are available for U.S. Navy sailors who would like to take part in the Personnel Exchange Program (PEP). This program offers interesting and challenging duty assignments with Armed Services of the following countries: Australia, Belgium, Canada, Germany, Italy, the Netherlands, New Zealand, Portugal, Sweden and the United Kingdom.

Training for U.S. Navy enlisted personnel who are selected for this program includes professional training to meet specialized requirements for a particular exchange billet, foreign language instruction when required, and overseas diplomacy training to familiarize participants with essential information about the countries to which they will be assigned.

PEP is an outstanding program for solid, capable performers, which has proven to be a rewarding experience for those who have taken part in past exchange programs. Additional information on the PEP program can be obtained from TRANSMAN 9.25 or Link Magazine, or calling the PEP detailee (NMPC-492D) at Autovon 291-5618 or commercial (301) 427-5618.

A quote to remember...

The present circumstance that presses so hard against you, if surrendered to Jesus, is the best-shaped tool in the Father's hand to chisel you for eternity. Trust Him then—do not push away the instrument, lest you spoil the work.

--Rev. Boyce Van Osdel, Prayer Breakfast, NRMCO, Feb. 7, 1980

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RAADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HN Rick Pappas
HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



FIRST DOSE—The first patient to receive his medication under the new ward cart system of unit dosage is retired Medical Service Corps Lieutenant Allen H. Gilliam. Lieutenant Commander Loretta A. Griffiths, charge nurse who administered the medication, said the new system is "just super. . . . Unit Dose could improve nursing care 100 percent." Patient medications are pre-packaged in the Pharmacy and delivered daily to Ward 9-South in individual drawers stored in a cart similar to the one in the photo.

Quarterly conference slated

Naval Regional Medical Center Oakland officials will meet with heads of the region's branch clinics in a Quarterly Executive Conference at the Oak Knoll Officers' Club on Feb. 29.

Under chairmanship of Captain W.W. Hodge, the group will discuss primary medical care, nursing, and administrative and fiscal matters.

Speakers scheduled include Rear Admiral Walter M. Lonergan, Commanding Officer; Commander Frank Fisher, Director of Administrative Services; Commander H.B. Price, Comptroller; Commanders William L. Self and Richard R. Hooper, Preventive Medicine; Commander Stanley R. Bagbey, Nursing Service, and Lieutenant Commander D.L. Vosloh, Operating Management.

New junior MSC rotations

Rotations for junior Medical Service Corps officers at this command have been recently revised.

New duty assignments for the period April-September are:

Lieutenant (junior grade) Robert J. Burg, April through June—Comptroller; July through September—Public Works.

Lieutenant (junior grade) Craig Jimerfield, Management Information Service.

Ensign Michael W. Biggs,

Administration/Personnel.

Lieutenant (junior grade) Glen A. Butner, Operating Management.

Lieutenant (junior grade) Cynthia A. DiLorenzo, Patient Affairs.

Lieutenant (junior grade) Joseph P. Bartoli, April through June—Supply Service (with one month at Mare Island Branch Clinic); July through September—Outpatient Service (with one month at Moffett Field Branch Clinic).

Ensign Robert C. Hoffner, Nursing Service.



ON THE JOB—Hospital Corpsman Third Class (HM3) Warren "Ray" Preston prepares labels for pre-measured medications. HM3 Preston did all the initial prepackaging and labeling for the recently implemented Unit Dose Drug Distribution System.

16 to complete NASAP course; another class to begin Feb. 26

Sixteen NRMCO staff members will receive graduation certificates Feb. 21, following their completion of a six-week Navy Alcohol Safety Action Program (NASAP) course.

A new class will convene Feb. 26, with instruction held on Tuesday and Thursday afternoons from 12:30 to 3:30 p.m. Attendance, limited to 25 persons, is open to any interested personnel and patients. Enrollment may be made by telephoning the Bay Area NASAP Office at 869-3067 or 8.

The training covers medical aspects of alcohol use and misuse, alcoholism, family dynamics, supervisor roles, occupational impact, values and attitude awareness.

The course offers nurses and physicians 30 to 40 hours Continuing Medical Education credit, and all graduates receive 3.6 CEUs from the University of Northern Florida.

There is no charge for the instruction.



PART OF HIS WORK—Chemist Kenneth Koetitz uses Siva's Emit System for Therapeutic Drug Monitor. There was no interruption in essential lab services during the move. Other members of the Special Chemistry/Clinical Toxicology staff are: Medical Technologists Betty F. Anderson, Richard Hargan, Ada A. Parker, Ensign Ronald M. Karlner, Medical Service Corps.



PARTY TIME—Judy Larese, Volunteer Red Cross Medical Technologist, hands Rear Admiral Walter M. Lonergan a glass of punch during the Open House reception which followed ribbon cutting ceremonies.

ARS open house today

Clinical Assembly, 1 p.m.; Bldg. 70B following

For your info---

FOR THEIR SAKE...



BUCKLE UP

How to cope with a quake

By JO3 Gregg Redding

Felt the earth move under your feet lately?

We can't anticipate if or when a major earthquake will occur, but it's a good idea to be mentally prepared for such a disaster.

An earthquake is simply the shaking or trembling of the earth's crust. It can be caused by underground volcanic activity or by the crumbling and shift of rock underneath the earth's surface. The earth does not open up, swallow something and slam shut.

The most important thing you can do during and after a quake is to remain calm.

If you're indoors when tremors start, stay there. Take cover under a desk or doorway to protect yourself from falling debris. Keep a safe distance from heavy furniture that could topple over, and from windows and glass.

Should the quake catch you outside, head for an open area. Stay away from buildings and power lines.

If you're driving when the shock takes place, you may feel a tug at the steering wheel and the car will begin to waiver. Stop the vehicle, parking away from buildings and trees. **NEVER PARK UNDER AN OVERPASS OR BRIDGE.** Remain inside the car. If possible, lie on the floorboards to protect yourself from broken glass. If a power line falls across the car, stay where you are until help arrives. Don't panic or touch anything inside the car.

Following the quake, inspect for damage. If you discover gas leaks, turn off the main valve and ventilate the area. Water damage from broken pipes can be averted by shutting off the main valve. Shut off the current at the main breaker box, if you discover electrical wiring shorting out.

DO NOT tie up the telephone unnecessarily.

DO NOT go sightseeing.

DO NOT heed or spread rumors.

Avoid badly damaged buildings as an aftershock could bring them tumbling down.

According to Lieutenant (junior grade) Craig A. Jimerfield, Disaster Preparedness Officer, there are some additional procedures and precautions to follow here at the hospital.

If responsible, complete the Disaster Report as quickly and fully as possible and hand-carry to the Officer of the Day.

Extinguish all smoking materials and open flames.

Avoid using exterior stairwells and elevators until proper clearance has been given.

If evacuation is necessary, move patients laterally and horizontally (from one wing to another) before attempting verticle moves downstairs.

Navy notes from sea and beach

1981 DOD BUDGET ANNOUNCED

Seventeen new ships and two conversions are included in the FY 1981 DOD budget announced on Jan. 28. The Navy Department's share is slated to be \$50.3 billion, the largest amount for any of the services.

The new ships in the budget include a ninth Trident nuclear strategic missile submarine, another SSN-688 class nuclear attack submarine, the third and fourth CG-47 class Aegis cruisers, four additional FFG-7 patrol frigates, the first two of a new class of maritime prepositioning ships (T-AKX), five T-AGOS Surtass (anti-submarine warfare) ships, the lead ship of the LSD-41 class of amphibious landing ships, and a rescue and salvage ship (ARS). The conversions consist of the service life extension program (SLEP), of USS SARATOGA (CV-60) and modification of a T-AK for use as a strategic submarine resupply ship.

Funding for 48-F/A-18 Hornets is included, as well as for 24-F-14 Tomcats, 3-EA-6B Prowlers, 14 CH-53E helicopters, 6-E-2C Hawkeyes, 8-P-3C Orions, and long lead procurement items for SH-60B Lamps III helicopters.

Manpower projections for FY 1981 envision a small growth in numbers of personnel in the Navy from 528,000 to 534,000 by the end of the year.

Chaplain's Corner: 'Doing our own thing'

By Father Mel Hary
CDR, CHC, USN

The word "liberation" might well describe a prevailing mood today. It is a new focus on the individual and his or her freedom. It says the person must be allowed to grow, to realize his or her full potential. One must not be pressed in, tampered down, or molded too much by one's environment. We must be allowed to be ourselves, or, as the popular phrase has it, "to do our thing."

While this can sometimes be just an excuse for rejecting responsibility, for others it can also be a good thing. For it says that we should have the freedom to form ourselves, to take the prime hand in our own development. St. Paul has spoken of it in this way, "Be not conformed to the world, but be reformed in the newness of your mind."

In this phrase, he says, first of all, that we can be like chameleons—the lizard that changes color with its background. We do tend to adopt the appearance of our environment. It is easy to conform, to suit myself to what is done about me. I tend easily to do as others do, to take the line of least resistance.

But to reform is to act with deliberate effort against the tendency of my nature and of all surrounding influences. By reforming, I take the line of greatest resistance.

I didn't have much to do with the fact that I have life. It's something given, a gift. I can end my life, but the fact that I have it is none of my doing. As I have been given life, I have the power of forming it after what fashion I will. I am really limited to this single act; but this is only such a limitation as can give personality to my work which would otherwise be wanting.

What form, then, my life takes I can influence. What direction, what growth it takes is mine to give. Here, then, it is well to consider that unless I take deliberate care, I could simply copy the life around me. I could just conform to the spirit of the world in which I am immersed.

To be reformed in the newness of my mind is quite another thing. It is to realize that I am the artist, and I must carve out of my life the masterpiece to be presented to God. It is no use for me to follow the model of others around me, for the result will not adequately represent my capacities.

I am an individual. I must ape nobody else, but see my own gifts and use them in my own way. By being myself, I am original and give God what no one else can give him.

This is really "doing my thing"—taking what everyone else shares with me—human life—and reshaping it by my personal efforts to God's specifications.

Monday is a holiday to remember George

Although his real birthday is Feb. 22, George Washington's Birthday will be officially celebrated as a federal holiday throughout the nation on Monday, Feb. 18.

If you are one of the Naval Regional Medical Center Oakland personnel who work a regular Monday through Friday shift, that means another three-day weekend coming up without charge to leave.

Although the automobile hadn't yet been invented in his time, "the Father of our Country," known for his honesty about cherry trees and other issues, would no doubt give this word of advice if he were alive today:

"Enjoy this break from the weekly routine, remember me and the principles for which I stood—and, please, buckle-up and drive carefully."



Presidential Primaries set in spring

In April and May the following states will hold Presidential Primary elections. Unit voting counselors and voting officers (office of the Staff Judge Advocate at Oak Knoll) have full details on how to complete a Federal Post Card Application to register and vote in these important elections.

The states holding Presidential Primaries in April are: Kansas, New York and Wisconsin, April 1; Louisiana, April 5; Pennsylvania, April 22.

States holding Presidential Primary Elections during the month of May are: Texas, May 3 (Republican Party only); District of Columbia, Indiana, North Carolina and Tennessee, May 6; Maryland and Nebraska, May 13; Michigan and Oregon, May 20; Arkansas, Idaho, Kentucky and Nevada, May 27.

It's your vote. USE IT! (AFPS)

People make news ---



LT Allan-Martinez

Nurse in spotlight: 'Military nurses have more responsibility'

Lieutenant (junior grade) Frances Allan-Martinez originally joined the Navy so that she "could move to California." Her wish was fulfilled with an assignment to Naval Regional Medical Center Oakland and quite a bit more, for it was here that she treated a patient who later became her husband.

Now Lieutenant-selectee Allan-Martinez plans on leaving Navy service in August, and looks forward to becoming a lady of leisure as the dependent wife of Treasure Island's Machinist's Mate First Class Lawrence Martinez, whom she married last October.

"I have really enjoyed my stay and travels in California and have made many friends in the area," the Nurse Corps officer said. "Through the Navy, I have been able to work in many areas of nursing. I feel that military nurses have much more responsibility than civilian nurses and I have found (military duty) most rewarding."

The daughter of retired Army Master Sergeant and Mrs. Marvin Allan hails from Fayetteville, N. C. She attended the University of North Carolina in 1973-74 and again in 1975-77, with an intervening year's

study at the University of Spain in Seville.

Lieutenant Allan-Martinez arrived at Oak Knoll in October 1977 and oriented to Orthopedics. From March to May 1978 she worked in the medical wards on 9 West; next moved to Gyn and Urology (8 West), and later joined the Emergency Room staff (where she still works) in November 1978.

She has three sisters—one an Army wife, another a business major at North Carolina State, and the third a high school freshman.

Kudos.....

NAVY COMMENDATION MEDAL
Commander Hudson B. Price, Medical Services Corps., Comptroller.

NAVY ACHIEVEMENT MEDAL
Chief Boatswain's Mate Charles Lamar, Alcohol Rehabilitation Service.

LETTERS OF COMMENDATION
Hospital Corpsman Third Class Paulette Leaf, Primary Care Clinic.
Hospital Corpsman Second Class Steven Brumbaugh, Physical Therapy.
Captain Samuel A. Youngman, former Senior Medical Officer of Moffett Field Branch Clinic, upon retirement. (Dr. Youngman also received a Certificate of Merit from the Navy Surgeon General.)

LETTERS OF APPRECIATION
Hospital Corpsman Third Class Rebecca McClure, Primary Care/Staff Sick Call.
Lieutenant (junior grade) Kirstan Bliss, Nurse Corps, 6 West.
Lieutenant Frances Cox, Nurse

Corps (transferred).
Hospital Corpsman Second Class Patrick Chan of the Recovery Room.

RADIOLOGICAL TECHNOLOGIST INTERNSHIP CERTIFICATES
Merritt College students Kathryn Cirimelli, Tami E. Ouye and Paul A. Pohl.

GOOD CONDUCT AWARDS
Hospital Corpsman Third Class Mark Arnold Arndorfer, PMT School student.
Hospital Corpsman Second Class Hollie Annette Pemberton, OB/Gyn Service.
Hospitalman Robert Andrew Kinkle, Operating Room.
Hospital Corpsman Third Class Avelino Suarez, ENT.

AUGMENTING TO REGULAR NAVY
Lieutenant David Barton, Medical Corps, Orthopedics.

REENLISTING
Hospital Corpsman Second Class Cesar Ortega, Ear-Nose-Throat (ENT).

13 advanced today

Although they number 13, today's lucky day for that many Hospital Corps members of this center who are being advanced in rate, effective Feb. 15.

TO HOSPITAL CORPSMAN FIRST CLASS: **Richard D. Wade**, Urology, and **Mary J. Westphall**, Radiology.

TO HOSPITAL CORPSMAN SECOND CLASS: **Robert C. Clugston**, Surgery; **Richard A. Janushan**, Operating Management; **Patrick J. Joyce**, CSR-Pharmacy; **Lawrence S. Marchionda**, Supply; **Kim J. Sharp**, Laboratory, and **Catherine L. Zolezzi** of the Main Operating Room.

TO HOSPITAL CORPSMAN THIRD CLASS: **Azer D. Baucom, III**, Psychiatry; **Jay N. Berry**, Operating Management; **Tony Carroll**, Orthopedic Clinic; **Jenny C. Mitchell**, Urology, and **Leona V. Overton**, Psychiatry.

Earlier advanced to Hospital Corpsman Second Class was **John Edward Reagan** of Preventive Medicine School.

----Comings and Goings----

"Fair winds and following seas"
to recently detached:

Nurse Corps Lieutenant Margaret Ott, to San Diego.

Nurse Corps Lieutenant Frances Cox, to Subic Bay.

Lieutenant Commander Allan Casper, Medical Service Corps, Preventive Medicine Service, to San Diego.

Newly-frocked Nurse Corps Lieutenant Charlotte Gritis, to Adak.

Nurse Corps Lieutenant James

Leister, to Memphis.

Medical Corps Lieutenant Commander Miguel DeLeon-Blanco, to Okinawa.

"Welcome aboard:"

Lieutenant Major King, Nurse Corps.
Lieutenant Denise Kopecky, Medical Corps (Anesthesia resident).

Lieutenant (junior grade) Robert Burg, Medical Service Corps.

Ensign Jeffrey Upton, Clinical Clerk.

Captain Youngman retires after 32 years in Navy

Captain Samuel A. Youngman completed 32 years' service with the U. S. Navy on Jan. 31 and has retired from the military to become Medical Director of Las Encinas Hospital in Pasadena.

During a small ceremony at Oak Knoll, the former senior medical officer of the Moffett Field Branch Clinic received a certificate of merit from the Navy Surgeon General and a letter of commendation from the Commanding Officer, Naval Regional Medical Center (NRMC) Oakland.

In his lengthy naval career, among other highlights Dr. Youngman received the Navy and Marine Corps Medal for heroic actions in saving the life of an Air Force pilot, served aboard a carrier that participated in spacecraft recovery missions; directed care for more than 75,000 Vietnamese refugees, and had a mountain named for him in Antarctica.

The physician took undergraduate training at Pennsylvania State University, joined the Navy in 1944, and received a bachelor of science degree from Franklin and Marshall College. He graduated from the University of Pennsylvania Medical School in 1949, and interned in Williamsport, Pa., under the Navy-sponsored civilian internship program, later completing a course in Navy flight surgeon in 1951. He attended graduate school and received his master's in public health from Harvard University in 1966, next completing a two-year residency in aerospace medicine.

Dr. Youngman's early military assignments included duty as a medical officer at Naval Training Station, Newport, R.I., and as a medical officer and flight surgeon for Naval Air Station, Niagara Falls, N. Y.



Leaving military service in July 1953, he engaged in private practice of general medicine at Williamsport and concurrently as medical director for the State Correctional Institution for Women at Muncy, Pa. He was also on the medical staffs of Williamsport General and Divine Providence

Hospitals, a designated Federal Aviation Medical Examiner, and active in the U. S. Naval Organized Reserve.

In February 1963, he returned to active naval service as the senior medical officer of the aircraft carrier USS WASP (CVS 18), the primary space recovery ship for Gemini IV. Following a two-year residency at Naval Aerospace Medical Institute, he became staff

medical officer for the Commander, U. S. Naval Support Force Antarctica. In recognition of his contributions to "Operation Deep Freeze" during 1969-70, he had a mountain in Antarctica named for him.

For three years Dr. Youngman was the senior medical officer in charge of

(continued to Page 6)

HOUSING HEAD—Lorraine O. Patterson is the new head of the Housing Dept., Navy Public Works Center (PWC), San Francisco Bay. The first woman to serve as the permanent head of a major PWC department, she comes to the Bay Area following assignment with the U. S. Navy at Yokosuka, Japan. In her position, Ms. Patterson manages 3,446 military family housing units (including those at Oak Knoll), public quarters occupied by families of the Navy, Marine Corps, Army, Air Force and Coast Guard. Her responsibilities include an annual budget in excess of \$15 million and supervision of 29 permanent employees on her staff. Overall she is involved in improving existing family housing, making plans for long-range maintenance needs, and administering military family housing assets.



Speaking of health care

Cannabis change

Commanders get room to exercise discretion

Local commanders will have more latitude in dealing with cannabis users under Department of Defense policy recently announced.

At the same time the new policy covers pre-service use and provides guidelines for the enlistment of individuals who admit to using cannabis on a limited basis.

While pointing out that military personnel are expected and required to obey the law, the new policy statement also recognizes that the use of cannabis is related to the phenomenon of adolescent experimentation.

The use of cannabis within the military is still a violation of the Uniform Code of Military Justice and commanders are expected to enforce the law and to take appropriate action against those servicemembers who break the law.

However, commanders are now advised under the new policy to consider all administrative, punitive, and nonjudicial punishment measures to determine the appropriate level of punishment.

In making this determination, the new policy permits a commander to consider all the facts and circumstances surrounding the alleged use of



cannabis, the length and character of the individual's service, and any and all other mitigating or aggravating circumstances. Normally, the new policy advises, it is appropriate for a cannabis offender who uses or possesses a minor amount and who otherwise has a good record, to be charged under Arti-

cle 15 of the Uniform Code of Military Justice, as opposed to trial by courtmartial.

However, if the use occurs during duty hours, the stronger disciplinary and administrative actions may be more appropriate.

Motivational education in after-hours classes is considered one effective way of dealing with individuals caught with cannabis for personal use.

In addition to the commander, the new policy recommends that the individual's immediate supervisor, drug and alcohol prevention personnel, a medical, legal, security and religious representative might be brought in to aid the cannabis user.

Full penalties under the Uniform Code of Military Justice should be used against those individuals who traffic in cannabis, the Department of Defense stated. (AFPS)



Rx: Drug Notes

Mescaline, primary active ingredient of the peyote cactus, a plant used by the Indians of northern Mexico since their recorded history started. Used in many religious-magical rites among the various tribes of the area. When Spain conquered Mexico, Spanish soldiers started using this drug until it was banned by the church and the Spanish Inquisition.

Use Symptoms: Mescaline is of the tetrahydroisoquinoline alkaloids class and is a close relative to adrenaline. Taken orally, it is readily absorbed by the intestinal tract and concentrates in the liver, kidneys, and spleen. In the body it elicits a syndrome of central sympathetic stimulation very similar to LSD. Pupil size is increased, pulse rate is increased, and blood pressure is elevated. Users report sensations of being unhappy and happy at the same time, feelings of weakness and giddiness, and marked alterations of visual perception including rippling and shifting of color. Users report "seeing sound" and "hearing color."

Other Indications: Repeated doses of mescaline have been shown to produce tolerance to the drug's physiological, subjective, and psychological effects in about three to six days. Certain drugs, including insulin, barbiturates, and physostigmine are known to increase the toxicity of mescaline.

Treatment: Chemical intervention, primarily with phenothiazine tranquilizers, has been used successfully to combat effects. Best setting is physical comfort and reassurances from friendly people.

Legal Aspects: Mescaline and peyote are listed under **Schedule I(c)** of the **Comprehensive Drug Abuse Prevention and Control Act**. Under Federal law, distribution of either is punishable by prison sentence of not more than five years and/or a fine of not more than \$15,000. Simple possession: up to one year and/or a fine of not more than \$5,000.

Now's the time to check kids' skates

When the warm spring weather arrives not too long from now youngsters will begin rolling into parks and playgrounds, and the Consumer Products Safety Commission (CPSC) urges parents to observe safety precautions about two of their children's favorite sets of wheels: roller skates and skateboards.

Roller skate safety

- Buy your child skates that fit the present shoe size, not a pair that he or she can "grow into." Avoid hand-me-downs that don't fit.
- Keep skate parts tightened. Have broken straps of strap-on roller skates replaced immediately.
- Teach your child to check all skating surfaces carefully. For sidewalk skating, avoid uneven or broken cement, branches and rocks.

Skateboard safety

- When you buy your child a skateboard, be sure you buy safety gear to go with it—a helmet, elbow pads, knee pads, and gloves.
- Make sure your child never uses a skateboard without wearing skid-resistant shoes.
- Wheels that make gritty or squeaky noises should be checked. Wobbly wheels should be tightened. Bent axles should be replaced. Cracked boards should not be ridden.

"Skate" precautions such as these, says CPSC, can prevent your child from rolling into an accident.

Expanded coverage for CAT scans

An expansion of CAT (Computerized Axial Tomography) scan coverage for CHAMPUS beneficiaries will be implemented early this year, according to Department of Defense health officials.

The proposed change in CHAMPUS policy for CAT scan procedures has been announced in the *Federal Register* and will be implemented as a formal change in CHAMPUS policy following consideration of solicited public comments which are now under review. The proposed change in CHAMPUS policy would authorize whole body scans and set new guidelines for determining quality of care and medical necessity associated with CAT scan services.

CAT scanning, one of the services available at Naval Regional Medical Center, Oakland and some Bay Area private hospitals, is a form of computer assisted radiation photography developed in recent years which permits viewing of soft tissue in the body in a manner similar to x-ray photography of the body's bone structure. CAT scans were originally used principally for examination of the brain. Whole body scans are a more recent development. Among the advantages of CAT scanning are the elimination of possible dangers to the patient associated with dye-testing and x-ray procedures.

Current CHAMPUS policy limits coverage to head scans and limits the type of authorized medical care facility at which CAT scans may be obtained.

Upon implementation of the expanded CAT scan policy, it will be made retroactively effective to Oct. 1, 1978, CHAMPUS officials said.

Captain Youngman retires. . . (from Page 5)

the regional dispensary at Naval Air Station North Island, with additional duties to Antisubmarine Warfare Wings, Pacific, and as occupational medical officer for NRMHC San Diego.

He commanded U. S. Naval Hospital Subic Bay from June 1974 to June 1976 during a time when the hospital was actively involved in caring for evacuees from Cambodia and Vietnam

and the humanitarian handling of more than 75,000 Vietnamese refugees during "Operation New Life," a project that earned his hospital and staff the Meritorious Unit Commendation and Captain Youngman a Navy Commendation Medal. He reported to the Oakland region in November 1978 following duty as commanding officer of the Naval Regional Medical Clinic Hawaii

and its 12 outlying patient facilities.

The retired Navy physician is board certified in aerospace medicine, a fellow of the American College of Preventive Medicine, and an associate fellow in the Aerospace Medical Association. He is also a member of the American Medical Association, the Association of Military Surgeons of the United States, and the American Public

Health Association.

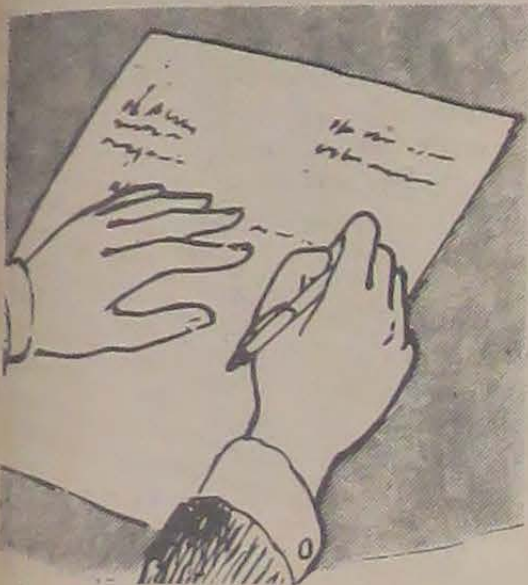
Dr. Youngman's decorations and awards include the Navy and Marine Corps Medal, Navy Commendation Medal, Meritorious Unit Commendation, Naval Reserve Medal, American Campaign Medal, World War II Victory Medal, American Defense Medal, Antarctic Service Medal, Vietnam Service Medal, and the Humanitarian Service Medal.

With the family ---

Power of attorney holds benefits and dangers

By LCDR Thomas R. Randall
JAGC, USN, Navy Legal Service Office, Norfolk

A power of attorney is an instrument in writing in which one person (the maker) appoints another person as his or her agent to do certain designated acts on behalf of the individual giving the power. The instrument is called a power of attorney because the agent is technically referred to as an attorney-in-fact (not to be confused with a lawyer, who is an attorney-at-law).



A power of attorney can be one of two types: a general power or a special (limited) power. A general power gives the person appointed as attorney the power to do any act on behalf of and in the name of the person giving the power. A special power gives the person appointed the power to do only the specific acts stated in the power of attorney.

The principal advantage of a power of attorney is that it allows the agent to act on behalf of the giver of the power when the giver is not readily available to act in his or her own behalf. Thus, possible delay, inconvenience and some emergencies can be avoided.

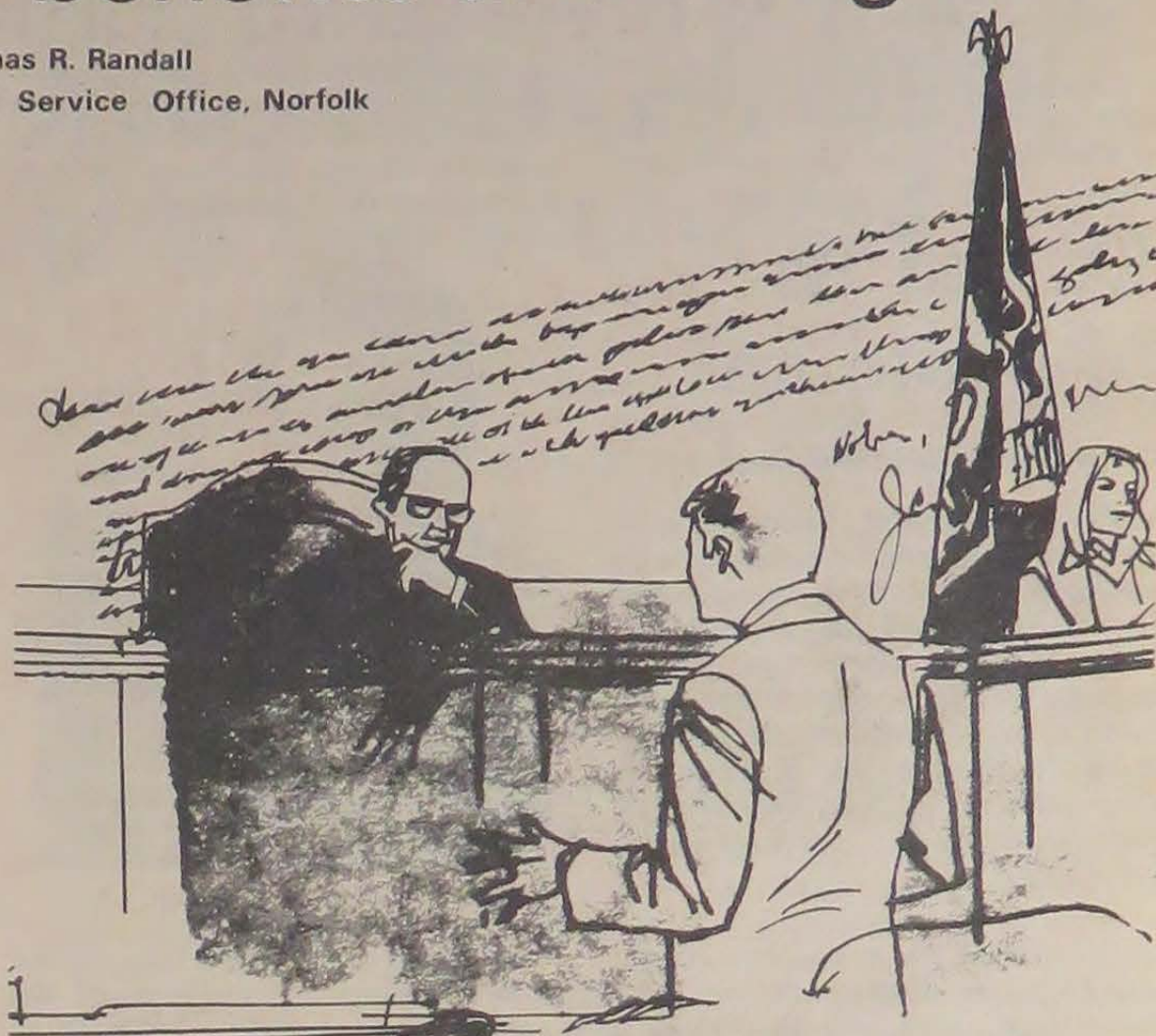
It is sometimes thought that one advantage of a power of attorney is

that it can be used after the death of the giver of the power. It may be generally stated however that this impression is erroneous, because the death of the maker voids the power of attorney.

While a power of attorney can be most helpful, it can also be most dangerous. The acts done by the agent are legally binding on the maker of the power. It does not matter whether or not the agent's acts benefit or harm the maker. It does not matter whether or not the agent's harmful acts were done intentionally or negligently. The maker of the power is still bound. For example, in the situation where a serviceman gives his wife a power of attorney and subsequent marital discord arises, the wife could desert the husband, and still be able to incur debts through use of the power that her husband would be obligated to pay.

The possible abuse of a power of attorney is compounded by the difficulty in trying to revoke it. It is not enough for the maker of the power simply to inform the agent that the power is revoked, since this does not remove the agent's ability to mislead third parties by continuing to exhibit the power of attorney. Revocation can be accomplished only by physically retrieving the document granting the power, plus all certified copies, or by actually notifying third parties that the power is revoked. Legal assistance should be sought when attempting to revoke a power of attorney.

The dangers of a power of attorney can be limited by giving a special power rather than a general one, since an agent with a special power can only do the specific acts set forth in the special power, rather than the unlimited acts authorized by a general power. The



dangers can also be limited by only giving a power for as limited a time period as possible, since a power having an expiration date becomes void after that date. Frequent renewals of a power, as opposed to single power of long duration, will also prove advantageous, in that a power with a recent date is more acceptable to third parties than a power that was given years ago. A power should never be made effective indefinitely except in extreme circumstances, such as where the maker anticipates the possibility of being captured as a prisoner of war. In such case, it is suggested that a general power be left with a legal officer to be forwarded to the attorney-in-fact (agent) only if the need arises.

For many people, giving no power at

all is the most prudent course of action. Careful planning of their affairs will reduce the occasions when signatures will be needed during their absence. Many situations that arise during an absence are of such a nature that any papers and documents involved can be mailed to the absent person, signed by him or her, and then returned in time to complete the transaction.

Thus, when a power is given, it should only grant authority to perform those acts which could not be accomplished by any of these alternate means. If a power must be granted, whenever possible, it should be for a limited period of time and to perform only specific acts. (NES)

Take the edge off your grocery bill

As inflation continues to cut into everyone's buying power, many Navy families have become eligible for Food Stamps.

Created by the Department of Agriculture, the Food Stamp program can help supplement the household larder ensuring good nutrition.

Food Stamps are given free to qualified families and can make a positive impact upon the family budget. They are used in lieu of money to purchase food items and are accepted at commissaries and most super markets.

To take advantage of this program is no different than claiming authorized deductions on your income tax return.

To find out if you're qualified for Food Stamps and for the location of the office nearest you, call 881-6508.

The Food Stamp program is administered in Alameda County by the Economic Benefits Department, Social Services Agency.

New parenthood classes

A new series of free instruction sessions for prospective mothers and fathers will be held Mar. 13 to Apr. 17, the Red Cross has announced.

Preparation for Parenthood classes, consisting of six evening sessions, are designed to help parents-to-be know what to expect during the prenatal period, labor and the child's first year. They are held at Oak Knoll and are sponsored by the Red Cross Field Office.

Those interested should call Alice King on Ext. 2524 to enroll.

The following new additions to the Navy medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby boy to Hospital Corpsman Third Class Donald G. Brittain, Emergency Room staff, and his wife Dovie, Jan. 22.

A baby boy to Lieutenant Alex Dale Ehrlich, Dental Service, and his wife Helen, Feb. 1.

A baby boy to Hospital Corpsman First Class William K. Shea, Preventive Medicine Technician School, and his wife Irene, Feb. 1.



Little acorns...

Auction to benefit scholar

The Naval Regional Medical Center Officers' Auxiliary will hold its third annual art auction at the Officers' Club here on April 19.

Profits from the auction will be used to award the scholarship to a local Navy dependent.

Representing most media and categories, 200 art pieces will be offered for sale.

TI summer jobs for youths

The Youth Conservation Corps (YCC) program will be returning to Naval Support Activity, Treasure Island, this summer, offering selected young people gainful summer employment in an outdoor atmosphere.

YCC is a well-balanced, on-going program administered by the Department of Agriculture Forest Service, Department of the Interior, and state governments.

Young men and women, 15 through 18 years of age and permanent residents of the United States, are eligible. They must have no history of serious criminal or antisocial behavior that might endanger their safety or that of others; have or be able to obtain a work permit; possess a social security number; be willing to work hard and be able to participate in most work projects.

YCC projects often include building trails, maintaining fences and more. Participants in the program will do hard physical work and may be exposed to insects, poison oak and ivy, adverse weather and difficult working conditions. The YCCers will be paid 30 hours a week at minimum wage. Ten hours per week will be devoted to environmental awareness activities. While at Treasure Island, the program is under administrative control of the Special Services Department.

Boys and girls selected will learn about the island's environment, the Treasure Island community, and the relationship of the military and YCC, as well as participate in various recreational activities located in the Special Services facilities.

Those interested should contact the Treasure Island Special Services Department by calling 765-5088 to obtain an application. Applicants will be chosen on a random basis and notified of selection or non-selection in early spring.

A spokesperson said it is best to return the application at the earliest possible date to allow for timely processing.

Off duty - -

USO moves to new permanent location on Taylor in SF

After a one year stint in small emergency quarters due to the razing of its center at the Airline Terminal, San Francisco USO has moved to a permanent, spacious, beautiful new location at 530 Taylor Street, between Post & Geary.

The bright, airy new center features a lounge with juke box, pool table, pin games, ping pong table, reading room, library, TV room—and always, free cookies and coffee and tea all day and evening. Friendly volunteers on duty can answer most questions.

Featured on weekends will be disco dances with junior volunteers aged 18-25; walking tours; hot dog and hamburger buffets; sandwich nite rap sessions; free chess and backgammon lessons.

San Francisco USO has been

operating continuously in San Francisco since Feb. 3, 1941. It receives no money from the government. Its source of funds is through United Way and USO fund raising. USO's new telephone number 885-0235.

Qs and As of photo art

By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)



Q: Other than the differences in film speeds between Kodachrome and Ektachrome, what else is different? Isn't one color slide film the same as any other?

A: Not really. Speaking very generally, the Ektachrome films tend to emphasize "cooler" colors (blues, greens, etc.) and bring out the pastel shades of a subject while the Kodachromes tend to accentuate "warmer" colors (reds, yellows, golds, etc.) and appear to give greater overall color saturation. You can, however, achieve a similar level of color intensity with Ektachrome films by very slightly underexposing approximately 1/3 of an f/stop. If you happen to have Kodachrome film in your camera and you want to bring out the pastel qualities of a subject, then try overexposing by about 1/3 to 1/2 an f/stop. There are, of course, many more differences than what I've mentioned here. If you're really interested in learning about the capabilities and characteristics of various films I suggest you see what

your photo dealer has to offer in the way of books or pamphlets on the subject that go into greater detail than space here allows.

Q: I recently got a roll of completely blank 35mm film back from a photo processor and he told me that the film never even went through the camera. In the future how can I insure that the film is being advanced properly after each exposure?

A: When loading the film into your camera, be certain that the film sprocket holes have been engaged by both the top and bottom sprockets and before closing the camera back, fold out the film rewind crank and take up the slack in the film cannister until taut. Close the camera back and advance the film to the first frame while watching the rewind crank. If you've loaded the film properly then each time you advance it the rewind crank will move in the same direction as the film is traveling, letting you know that it is moving through the camera as it should.

Sport talk

By Carol Foley

A number of sporting events that occur on this base go unpublicized. It is our intention to give full coverage to sports participants and allow sports fans to be aware of upcoming events. For anything in the sporting area that you'd like to share with our readers, call me in the Operating Room, Ext. 2023.

Women's Varsity Volley

NRMCO Oakland would like to introduce its Women's Varsity Volleyball Team under the direction of their coach for the 1980 season, Dr. Phillip Vogt.

Returning to the team from 1979 are Barbara Bales (captain), Nina Hemmelgarn, Denise Boutin, Cindy Feller, Weggi Swint, Essie Rucker and Lynette Mullin.

New team additions are Mary Cullen, Angela Owen, Diane Strenn, Angie Hearn, Suni Campbell, Sandy Henderson Geer, Ida Gardner and Trise Bergeron.

The women will be defending NRMCO's 1979 titles where they won first place in the Eleventh Naval District North Tournament for active duty personnel; first in the Intramural Volleyball Tournament (where they competed against both men and women), and second place at the Saturday Invitational League.

Games are set for Saturday, Feb. 23 at Mare Island; March 1 at Treasure Island, and March 8 and 15 at Alameda Naval Air Station. There will be rugged competition in Monterey at Ft. Ord for the Intra-Service Invitation Tourney, where they expect to compete with other branches of the service March 16. The NRMCO women will then defend their championship title in the Eleventh Naval District North games on March 21, 22 and 23.

According to Dr. Vogt, the ladies are shaping up to form another aggressive championship team. We'd like to extend an invitation to you to join in supporting our team.

For any information concerning their games you may contact Dr. Vogt at Ext. 2242.

On the trail

The dates of Feb. 16 and 23 have been set and all joggers and backpackers are invited to participate by Sunol Park Naturalist Lee Pitts. At 9 a.m. tomorrow jogging begins at the Old Red Barn in the wilderness park for a loop of six hilly miles through the backpacking area. At noon there will be a 10-mile jog over Flag Hill, looping Maguire Peaks and reaching a height of about 1,700 feet.

Noontime on the 23rd, hardy hikers desiring to learn to stay healthy and comfortable in cold, remote spaces, will set off to practice winter wilderness skills at the high backpack campsites.

If you anticipate staying the night, you are advised to bring appropriate clothing, food and equipment, including a camp stove, and to check with Lee Pitts at the Sunol office (415) 862-2244.

For free folders with maps on Sunol Regional Wilderness and the Sunol backpacking area, phone (415) 531-9300.



Varsity Baseball

The Naval Regional Medical Center's men's varsity baseball group has now formed a team. Tryouts were held Jan. 23, 24 and 25 and it was finally decided that the following men will represent NRMCO this season: Rod Cheser, coach; Bruce ("Tiny") O'Byrne, assistant coach; players: Don Blampye, Virgil Cronkhite, Martin ("Flash") Geer, Paul Pacetti, John McGarr, Doug Hiser, Dan Falle, Doug Rankin, Mike Wogan, Ozzie Watkins, Tom Ludwig, Mark Silva, Bill Trapp, Tom Schmichnic, Mick Holm, Jay Straley and Louis ("Woody") Wood.

Games won't begin until April, but practice is being held Wednesday, Thursday and Friday in anticipation of a winning season. Plan to don your sun suits and come out in support of our team. A forthcoming schedule will be published.

Fishing

For you fishermen who may be interested in reading *The Angler's Edge* (a fishing bulletin published by East Bay Regional Park District), I have copies available for you.

Boxing

The Eleventh Naval District North Boxing Championships will be held Feb. 19-20, 8 p.m., at the NAS Alameda gym.

The tournament will be a single loss elimination type under AAU rules. Each command may enter a maximum of two participants in each of the following classes: 106 lbs.; 112 lbs.; 119 lbs.; 125 lbs.; 132 lbs.; 139 lbs.; 147 lbs.; 156 lbs.; 165 lbs., and over 178 lbs. (HWT).

Entries will be accepted at weigh-in time only from 9 a.m. to noon on Feb. 19 at the Alameda gym.

Team scoring will be based on five points for first place and three points for second. Awards will be provided.

Direct inquiries to Ron Brown, Ext. 2479.

Low cost ski trips

Low cost downhill and cross country ski trips are offered by the Central YMCA in February, including two trips to South Lake Tahoe, Feb. 15-18, and Feb. 29-Mar. 2, and one to Yosemite, Feb. 16-18.

Prices range from \$59 to \$70. The trips include accommodations, transportation and all meals.

For further information, call 885-0460.

★ ★ ★ MOVIES ★ ★ ★

Friday, Feb. 15
6 p.m.

JESUS—Religious Documentary/Drama/G

Saturday, Feb. 16
2 p.m.

WINGS OF AN EAGLE—Ed Durden, Kent Durden—
Drama/G

3:45 p.m.

DEATH DRIVERS—Mike Allen, Earl Owensby—
Action/Drama/PG

Sunday, Feb. 17
6 p.m.

AN ENEMY OF THE PEOPLE—Steve McQueen,
Charles Durning—Drama/G

Monday, Feb. 18

... HOLIDAY NO MOVIE
SHOWN ... HOLIDAY NO MOVIE
SHOWN ...

Tuesday, Feb. 19
6 p.m.

KING OF KINGS—Jeffrey Hunter—Drama/G

Wednesday, Feb. 20
6 p.m.

THE SEDUCTION OF JOE TYNNAN—Alan Alda, Meryl
Streep—Drama/R

Thursday, Feb. 21
6 p.m.

JAGUAR LIVES—Christopher Lee, Barbara Bach—
Action/Drama/PG

Friday, Feb. 22
6 p.m.

ACAPULCO GOLD—Marjoe Gortner, Robert Lansing—
Drama/PG

Saturday, Feb. 23
2 p.m.

THE AMAZING DOBERMANS—Fred Astaire, James
Franciscus—Action/Comedy, G

3:35 p.m.

FOR THE LOVE OF BENJI—Benji—Comedy/G

Sunday, Feb. 24
6 p.m.

BLACKOUT—Jim Mithum, Robert Carradine—
Drama/R

Monday, Feb. 25
6 p.m.

INTERNATIONAL VELVET—Tatum O'Neal, Nanette
Newman—Drama/PG

Tuesday, Feb. 26
6 p.m.

MORE AMERICAN GRAFFITI—Ron Howard, Candy
Clark—Comedy/Drama/PG

Wednesday, Feb. 27
6 p.m.

RUNNING—Michael Douglas, Susan Auspach—
Drama/PG

Thursday, Feb. 28
6 p.m.

LEGACY—Katherine Ross, Sam Elliott—Drama/R



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Volume 42, No. 5

Friday, February 29, 1980

New enlisted education programs announced

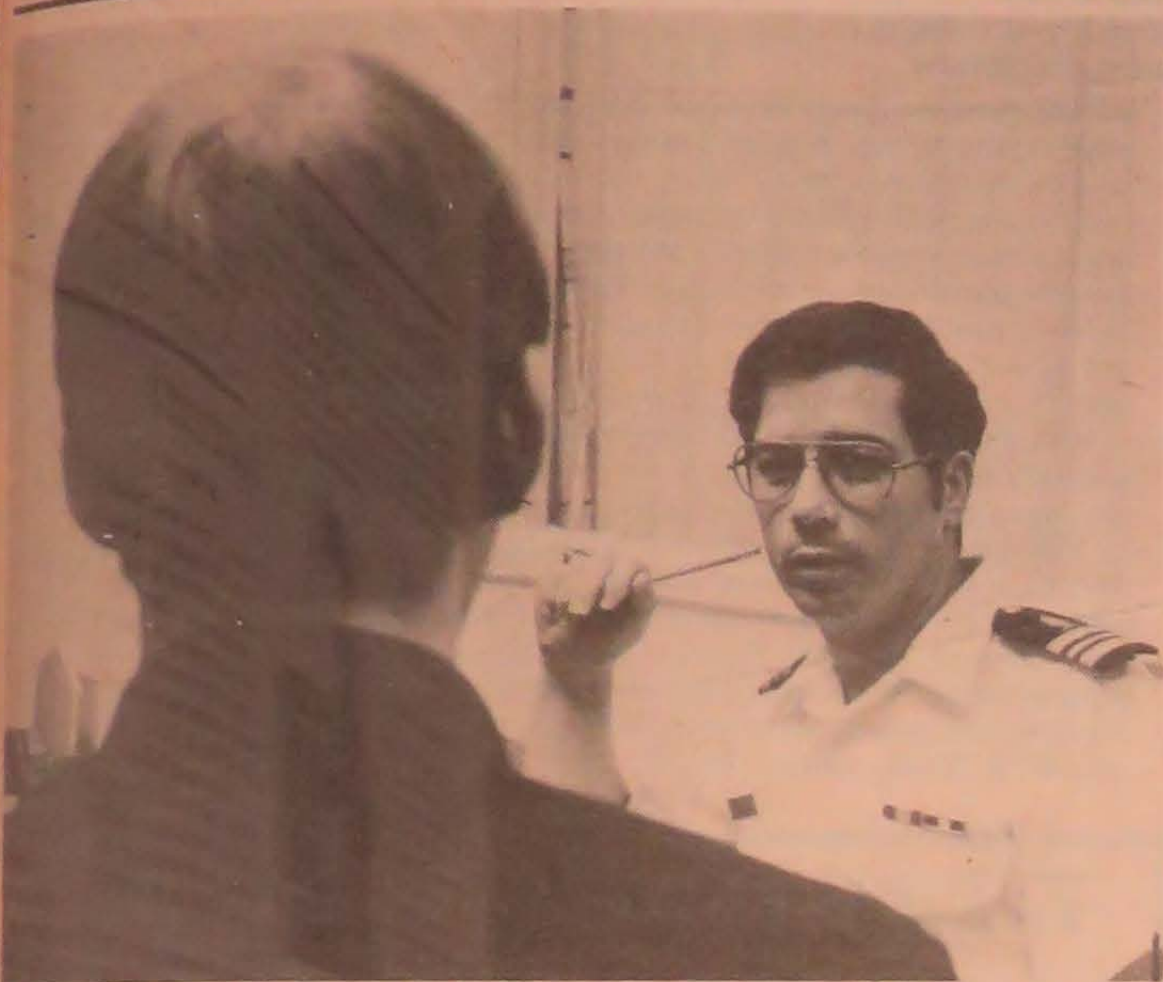
Two new Naval Operations notices have been published announcing upward mobility programs—the Enlisted Education Advancement Program (EEAP) and Enlisted Commissioning Program (ECP). These programs provide outstanding enlisted personnel fulltime opportunity to earn associate or baccalaureate degrees while on active duty.

EEAP allows enlisted personnel to earn associate degree in 24 months while on active duty. Participants receive full pay and allowances while enrolled in rating-related or management curricula at selected junior or community colleges, but will be required to finance their education. EEAP will better prepare career enlisted personnel to assume leadership positions of increased responsibility. Participants must be at least 21 but no older than 36, with four to 14 years of time in service. They must also possess high school diplomas or GED equivalency.

ECP allows enlisted personnel with previous college credit to complete requirements for baccalaureate degree in 24 months and subsequently earn regular Navy commission via Officers' Candidate School. Participants receive full pay and allowances while enrolled in NROTC host universities, but will be required to finance their education. They must be at least 22 but no older than 31 with four to 11 years time in service.

OPNAV Notices 1510 and 1530 provide specific program requirements and application procedures. Waivers may be granted to applicants presently on shore duty with sufficient time remaining to complete the program prior to provisional rotation date.

Competition for limited positions available in these programs (50 ECP, 75 EEAP) is expected to be extremely keen. Applications must be completed and submitted prior to May 15.



FACING THE FACTS—An unidentified Navy man who believes he may have a drug problem, takes the first step in rehabilitation by admitting to himself and to counselor Lieutenant Commander Noel Hyde his grounds for concern. From this point on, according to experts, those addicted have a very good chance of ridding themselves of what previously seemed an insurmountable problem. For story, see Page 6.

ARS returns to 70B—new attractive, spacious quarters

By JO3 Gregg Redding

If you're looking for Alcohol Rehabilitation Service (ARS) in Bldg. 500... you won't find it.

ARS recently moved back to their old quarters in Bldg. 70-B. The refurbished facility provides comfortable living accommodations, including a recreation room and solarium, for up to 20 patients. The administrative offices will also be housed in Bldg. 70-B.

The ARS staff has been increased from one to six corpsmen, two of them trained psychiatric technicians. This will provide better services by dividing the work load, according to Chief Boatswain's Mate Charles "Skip" Lamar.

Chief Lamar cites the Alcoholism Treatment and Rehabilitation Program as being the most comprehensive thing the Navy has accomplished. "It's saving a lot of people and careers," he said.

After initial screening and detoxification, patients are referred to ARS by the Counseling and Assistance Center. The course of treatment a patient receives is tailored to meet his individual needs.

Acceptance and understanding of one's dependence on alcohol and a commitment to rehabilitation is essential to the treatment of this complex disease.

Rehabilitation of the alcoholic centers on the restoration of his confidence and sense of responsibility. An integral part of patient treatment at ARS is group counseling sessions, which are instrumental in helping the patient learn to cope with his preoccupation with alcohol.

Alcoholism is a disease which affects the entire family system and ARS provides family counseling services to help the alcoholic's family learn to cope with his problems.

In conjunction with the treatment at ARS, Alcoholics Anonymous (AA) meetings are held in-house once a week. Patients are required to attend AA meetings regularly upon their release.

Additional outpatient treatment includes the prescribed use of antabuse and a return for evaluation within 30 days of departure from ARS.

Bulletin!

All young cowgirls and boys at Oak Knoll are hereby alerted to an upcoming Bicycle Safety Rodeo on Saturday, March 8.

Sponsored by PMT Class 89, the event will be staged at the "corral" beside Bldg. 101, starting at 10 a.m. and ending at "high noon."

Round up your bikes, "ponders," and get prepared to compete, learn, and enjoy some goodies.

Chief Lamar attributes the success of ARS at Naval Regional Medical Center, Oakland, to the outside support the service receives from five military volunteers who work with the patients regularly.

Acceptance of the alcoholic as an individual is important in his recovery. Alcoholism is a disease, but it won't rub off—don't treat your alcoholic friends or acquaintances as if they had the plague.

Some of the indications of alcoholism are:

- A loss of memory relating to the events that transpired during a drinking episode.
- A craving or need to combat hangovers with continued drinking.
- Inappropriate behavior while drinking.
- Loss of friends or family as a result of drinking.
- Failure to work up to full job potential as a result of drinking.
- Avoiding personal problems through drinking.

If you would like more information on alcoholism, or would like to volunteer your services to ARS, please call 639-2087.



HELPING HANDS—Commander R.A. Golden, Chief of Alcohol Rehabilitation Service (ARS) prepares to cut the ribbon during ceremonies with a little help from his wife, Shirley, and Rear Admiral Walter M. Lonergan. The Feb. 15 ceremony and an Open House followed dedication of the newly renovated ARS facilities. The ribbon was later cut into lengths and presented to the ARS staff.

Editorial ---

Part II

Defense Energy: Update on a grave problem

By George Marienthal
Deputy Assistant Secretary of Defense
(Energy, Environment and Safety)

(Editor's Note: In a recent issue Secretary Marienthal reported that 2017 is the year when some experts predict the world's supply of petroleum will run out. He next discussed the hard steps necessary now to ensure energy for the future, the long-term outlook and the drawbacks to substituting nuclear, coal and solar energy. In this section, he begins the discussion with an examination of fusion, hydroelectric and wind power as alternative sources.)

Fusion, which has great promise for a non-polluting, renewable source, is several decades away from commercial use, in the judgment of most knowledgeable people. In addition to technical development issues, the fusion process also demands prodigious amounts of capital. Hydroelectric power can still be developed in some areas of the country, but for each river to be dammed, we lose some irreplaceable scenic area, and environmentalists are strongly opposed to further dam building. Wind power has advocates in certain areas where wind blows steadily, but it cannot be widely used, since in most areas wind is too sporadic to justify the investment.

What does all of this matter to the Department of Defense? **Very simply, our ability to defend the United States is dependent on energy.** Every warfare system employed by the department uses energy, and most are fueled by petroleum, the most critical fuel. Since my last article in this publication, just two years ago, matters have not improved. In fact, oil prices have risen dramatically as the OPEC countries have attempted to keep pace with worldwide inflation. Iran has cut back production and has made a public policy that they will never approach the five million barrels per day which they exported under the Shah. Reliability of any Iranian oil is low, particularly during a military/political crisis. **The population of the United States continues to grow, and every American uses a huge amount of energy, with per capita consumption second only to Canada.** Oil imports have steadily risen to meet growing usage.

Against this backdrop, the Department of Defense Energy Management Plan was developed. The most immediate military concern clearly was the assured flow of energy, particularly petroleum products, to the armed services. We could not be caught short in an emergency, unable to fulfill our worldwide mission. Combat readiness for these missions does not remain static, but rather is an elusive abstraction interwoven with continuous training. Without training, a combat unit gradually loses proficiency, as experienced service people are replaced with recruits and moderately trained personnel. **Training as a team is mandatory, as this is how we fight; and such training demands high energy outlays.** This means flying, driving tanks, and steaming ships.

Assured Supply

The number one priority goal of assured supply is by no means automatic. When energy was abundant, it was not a problem to find suppliers ready and willing to provide whatever fuel was needed by the military. But as energy demand has exceeded supply, particularly during the Iranian revolution in late spring, suppliers had to ration what fuel was on hand to their regular customers. Some were reluctant to service the Department of Defense because of the difficulties encountered in selling to the government.

We are now working on policies which are aimed at assurance of supply, which is no small task. **The Department of Defense is the largest single petroleum user in the United States.** In fiscal year 1978, we consumed 170 million barrels of petroleum products within the continental United States, or approximately 2.5 percent of the total national consumption. The Defense Department consumed another 50 million barrels of petroleum products in overseas operations. Of the department's total petroleum usage, aircraft operations accounted for 66 percent, ship operations 15 percent, ground operations 8 percent, and installation support 11 percent. **Petroleum products represent two-thirds of the Defense Department's total energy consumption and, therefore, petroleum management is the major element within overall Defense Department energy management.** How is this accomplished?

There are two categories of Defense Department petroleum requirements, **war reserve and peacetime.** Pre-positioned war reserve requirements are meant for support of the forward deployed and reinforcing units between the outbreak of hostilities and the time when resupply can be established. Peacetime operating requirements are meant to support normal day-to-day operational activities such as training.

Each military department determines war reserve requirements for petroleum products in concert with the unified and specified commands. They also follow annual consolidated guidance of the Secretary of Defense and wartime contingency guidance of the Joint Chiefs of Staff. The military departments consider supply and consumption planning factors when computing war reserve requirements. These factors are conservatively designed to assure continuous petroleum logistic support of our armed forces under any operational environment. They

establish the maximum acceptable logistic risk in addressing problems such as shipping availability, convoy attrition, port congestion, and pre-positioned war reserve stock vulnerability.

At the beginning of the fiscal year, each military department establishes its war reserve requirements for each theater of operations. The theater commanders provide the Defense Fuel Supply Center with the total fuel requirement. The Defense Fuel Supply Center aggregates these requirements within each theater and determines the optimum storage location. This information is published in the Defense Fuel Supply Center's Inventory Management Plan, updated quarterly to reflect any significant changes in requirements. Changes in requirements generally result from changes in force structure, related contingency plans, and refinements in weapon system fuel consumption rates.

The military departments and the Defense Fuel Supply Center also determine peacetime fuel requirements. Specific programs, such as the Air Force's flying hour program, the Navy's steaming day and flying hour programs, and the Army's troop strength program, establish levels of operational effort required to attain established readiness objectives. Peacetime fuel requirements, in terms of daily demand rates, are determined from these programs. (Command Policy, December 1979) (To be continued.)

Taking the leap on Feb. 29

Today is a very special day—Feb. 29, also known as "Leap Year."

Babies born on this date get to celebrate their actual birthdays only once every four years, which is kind of a bum deal for the kids who, on most years, have to "borrow" either Feb. 28 or March 1.

A Feb. 29 birthday, however, becomes much more popular in the senior citizens' age bracket. One could conceivably be 80 years old and still truthfully say that he or she had celebrated only 20 birthdays.

In former years, Feb. 29 was popular among the ladies for another reason. It was the one day that was considered proper for the female to propose marriage to her loved one. Today, of course, women ask men for dates if they want to, and I suppose it wouldn't be too far out of line under modern standards to ask for a wedding date any other day in the year.

Leap Year babies come under the sign of Pisces, symbolized by two fishes—one swimming upstream and the other down. Like all true Pisceans, of which the writer is one, Leap Year babies have trouble making up their minds and swim around without direction until their intuition comes to the rescue and bails them out of the painful decision-making process. Otherwise, Leap Year babies are known to be kind, compassionate, generous and romantic. Their one basic fault is an occasional depression (no doubt brought on by a loved one who remembers them with a birthday gift only once every four years).

If you insist upon being serious about this date, you may be interested to know that the odd day comes up so rarely only to correct a time lag that accumulates under both the Julian and Gregorian Calendars. Leap years are those divisible by four except centesimal years, which are common unless divisible by 400 (1900 wasn't a Leap Year, but 2000 will be, understand?).

Now aren't you sorry you asked? It's much more fun to help celebrate the rare birthdays—or maybe even propose to the mate of your choice. In any event, make it a happy day.

SECNAV, CNO issue reports on Navy's FY 1981 posture

Secretary of the Navy Edward Hidalgo and Chief of Naval Operations Admiral Thomas B. Hayward delivered their reports on the posture of the Navy to the House Armed Services Committee on Jan. 31.

In his statement, Admiral Hayward told committee members, "...our Navy is better today in almost every way than it was a year ago."

Both Navy officials tempered this bright note with frank appraisals of the problems facing the Navy and with discussions of potential threats. CNO and the Secretary placed heavy emphasis on personnel matters and "the absolute need to compensate Navy people more equitably. Retention of experienced, mid-level managers—officers and petty officers—carried No. 1 priorities in both statements.

Secretary Hidalgo said that while the Navy is doing all it legally can to retain people, it isn't enough. Failure to solve this problem will make force and hardware problems academic, he said. People with 8-12 years experience can't be immediately replaced at any price. It takes another 8-12 years to regain the lost training, experience and leadership.

The Secretary and CNO both expressed support for the proposed FY 1981 budget and the five-year aircraft and shipbuilding plan growing from it. Secretary Hidalgo called for unfaltering pursuit of the plans formulated in this budget, with Admiral Hayward concurring in the need for firm commitments concerning the Navy's future.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HN Rick Pappas
HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Admiral Anderson has high praise for Dental Service

By Jo Ann Garlington

High praise for Oak Knoll's dental service was the result of a recent tour through the facility by Rear Admiral Frank H. Anderson, Dental Corps, U. S. Naval Reserve.

Admiral Anderson, field representative for the Dental Division of Bureau of Medicine and Surgery, was in the Bay Area to appraise the mobilization readiness of dental officers and technicians, and to evaluate the professional skills and knowledge of the enlisted.

He was especially eager to see the Oak Knoll clinic as it provides treatment support and training for many reservists. During his three-day stay he visited Naval Reserve Readiness Command, Region 20, facilities.

"Training, both on ACDUTRA and drill weekends, is very important for the enlisted," Admiral Anderson noted. "Most are not employed in the civilian dental field. Therefore, it is vital that they have meaningful 'hands on' experience."

He told Naval Regional Medical Center Oakland Commanding Officer Rear Admiral Walter M. Loneragan that the Bay Area dental personnel were "a sharp group, eager to participate and contribute to the overall well-being of Navy medicine."

Admiral Anderson, a 28-year Navy Reserve veteran, practices dentistry in Johnson City, Tenn.

In 1977 he received the "Fellowship Award," the highest honor presented by the Tennessee State Dental Association in recognition of a doctor's accomplishments in dentistry.



GETTING ACQUAINTED—Rear Admiral Frank H. Anderson (left) stops for a chat with Captain R. J. Grisius, Dental Apprentice Reuben Bideshi and Dental Technician Third Class Chuck Dyer during the reserve admiral's recent visit to Oak Knoll.

(U. S. Navy photo by Jo Ann Garlington)

Negotiations extend discount air fares for military members

The Defense Department has completed negotiations with commercial airlines to extend discount air fares for military personnel.

The furlough, or leave fare rate, which is a one-fourth reduction to the standard cost of a reserved coach seat, was due to expire late last year. All major U. S. carriers, however, have agreed to maintain the reduced fare rate at least through September 1980, and some will offer them indefinitely.

To buy a discount ticket, servicemembers are required to present a valid, active duty, armed forces green identification card when purchasing their tickets. Passengers traveling within seven days of separation from active duty must use their separation orders as identification for proof of eligibility.

The discount fare rate extension was announced in a letter to all service headquarters by Army Major General John D. Bruen, commanding general of the Military Traffic Management Command in Washington, D.C. In that letter he said, "In our negotiations with the airline industry, we stressed how important the furlough fare is to recruiting and retention. Since two-thirds of all military members are in lower pay grades, we believe the financial benefit is significant."

Nurse needed in cardiac lab

A civilian registered nurse (Clinical Nurse, GS-610-09) is needed by the Cardiac Catheterization Laboratory of Medical Service at Oak Knoll.

Duties include conducting cardiologic, vascular and pulmonary tests to provide physicians with data for use in diagnosing heart, vascular and lung diseases, using such equipment as recording oscilloscope, vasograph and spirometer.

Applicants must have Civil Service status, or be on an appropriate Office of Personnel Management register for clinical nurse. They must also have knowledge of professional nursing principles, techniques and procedures as applied in a cardiac catheterization laboratory; knowledge of instruments and equipment required for various methods employed in coronary arteriography and cardiac catheterization procedures.

For additional information, contact Mrs. Shirley A. Mason, Civilian Personnel Service, Ext. 2116.

Job open for civilian pharmacist

Applications will be accepted through March 3 for the job of Pharmacist, GS-11, with Naval Regional Medical Center Oakland.

Qualifications required are: Bachelor's or higher degree from an approved pharmacy school; completion of one year of internship; license to practice pharmacy; two years' post licensure professional experience or graduate education.

In addition to Career and Career Conditional employees and reinstatement eligibles, those within reach on the appropriate OPM register may also be considered.

For further information, call Dorothy Haworth, Civilian Personnel Service, 639-2116.

MCAS Yuma Autovon change

Effective March 1, the Autovon number for Marine Corps Air Station Yuma, Ariz., operator assistance will be 951-3011.

Direct dial to PBX users will be 951-2xxx and 951-3xxx.

WORDS OF WISDOM—"We must not depend on our black heritage, but rather our black heritage depends on us," said Reverend Airlee Hightower, pastor of Pleasant Grove Baptist Church in Oakland. Reverend Hightower addressed the clinical assembly gathered for the Fifth Annual Black History Program at Naval Regional Medical Center Feb. 14. Reverend Samuel A. Morgan, pastor of Union Springs Baptist Church in San Francisco also addressed the assembly. Reverend Morgan recalled the contributions of Black Americans who have played an integral role in the formation of our country.



New savings bonds have added bonus

The new Series EE savings bonds, which went on sale for the first time Jan. 1, have been dubbed "United States Energy Savings Bonds." The interest rate on these new bonds was originally announced as 6.5 percent. However, those bonds held to their full maturity—11 years—will receive an added bonus of 1/2 percent interest, for a total of 7 percent. Bonds redeemed before their full maturity will receive only the previously announced 6.5 percent interest.

Savings bonds have carried various names down through the years, reflecting national priorities during changing times. The first bonds were known as Defense Bonds before World War II. From 1941 to 1945 they bore the name of War Bonds. Energy Savings Bonds will be used to assist in financing the vast effort required to meet U. S. energy needs during the coming years.

After June 30, 1980, all savings bonds purchased through payroll savings programs will be Energy Savings Bonds, Series EE. Series H and HH bonds will not be affected by this added bonus rate. Series E bonds and U. S. savings notes ("freedom shares") will also receive the 1/2 percent "energy bonus" if they are held for 11 years from the date of the first semiannual interest period beginning on or after Jan. 1, 1980.

More on Energy Bonds

The Payroll Savings Plan for Series E Bonds will be converted to the series EE Savings Plan on the pay period beginning March 23. Civilian employees at Naval Regional Medical Center Oakland, who are presently participating will automatically be enrolled in the new program.

Those not wishing to take part in the new plan may cancel their bond deduction. However, there will be a moratorium on changes and new registrations from Feb. 24 through March 22.

The purchase price for the new Series EE Bonds has been set at 50 percent of the face value. These bonds must be held for a minimum period of six months before they can be redeemed.

The U. S. Energy Savings Bonds will be offered in 50, 75, 100, 200 and \$500 denominations. The \$25 bond has been discontinued.

If you'd like more information about the new Energy Bonds, contact Ida Fahey, supervisor of civilian payroll.



It's up to you to save energy.

For your info---

'Seabees' soon to celebrate 38th

• Name and insignia for Seabees authorized March 5, 1942.

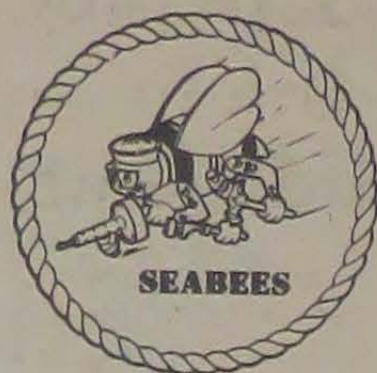
• The name 'Seabees' is derived from the first Construction Battalions (CBs). Seabees traditionally observe March 5 as their anniversary. On March 19, 1942, the Civil Engineer Corps was given command of the Seabees, whose official motto is "Construimus—Batuimus." Literally, this means, "We build—we fight."

• The first Seabees had no military training. One month after the units were formed, they found themselves at work building roads on Borabora, thousands of miles out in the Pacific.

• Seabees served with the assault forces in almost every major invasion in World War II, going ashore, in most cases, with or directly behind the first wave of troops.

• Since World War II, Seabees have participated in all sorts of missions—naval Antarctic expeditions, atomic bomb tests in the Pacific and construction of overseas bases.

• During the Korean War, Seabees placed the pontoon causeways for the Inchon landing and provided critical support for the Marines. Their role was



much the same during the 1958 Lebanon Crisis.

• In our country's last military conflict, in Vietnam—1964-1975, the Seabees' accomplishments and exploits were numerous. Outstanding among them was the posthumous award of the Medal of Honor to Construction Mechanic Third Class Marvin G. Shields, U. S. Navy.

• Seabees had, in fact, been in Vietnam since 1954. Seabees built camps for displaced Vietnamese during the historic "Passage to Freedom".

• At home, Seabees continue to respond during major calamities such as hurricanes on the Gulf Coast as well as floods and fires in California.

• Quite recently, Seabees put in a lot of hours improving the recreation grounds at Naval Regional Medical Center Oakland. Thank you, Seabees—and Happy Birthday!

Navy notes from sea and beach

'ONE NAVY' RECRUITING GOALS EXCEEDED

A "One Navy" recruiting goal of 8,249 people in January 1980 has been exceeded with the enlistment of 8,479 people, representing 102.8 percent of goal.

This marks the second consecutive month the "One Navy" goal has been met or exceeded—the first time in three years this has happened. January was also the first month in 36 during which all six recruiting areas met goals in the same month.

The "One Navy" goal represents combined enlistments in regular and reserve (active and inactive) enlisted programs.

MILCON REQUEST FOR FY 1981 SUBMITTED

The Department of Defense has submitted to the Congress a \$5.3 billion military construction authorization bill for FY 1981. The Department of the Navy's share (Navy and Marine Corps) is set at \$898.1 million.

The largest single item in the authorization request is \$293 million for the Naval Regional Medical Center in San Diego, Calif.

NEW UNDER SECRETARY SWORN IN

Robert J. Murray was sworn in as Under Secretary of the Navy on Feb. 15. Secretary Murray, who formerly served as Deputy Assistant Secretary of Defense for Middle Eastern affairs, replaces R. James Woolsey as Under Secretary.

WHITE HOUSE FELLOW CANDIDATE

Six Navy people, including Lieutenant Commander Alexander Rodriguez of Naval Regional Medical Center Camp Pendleton, are regional finalists for selection as White House Fellows. They are among 115 finalists selected from 1,524 applicants nationwide.

Following regional and national interviews, approximately 15 finalists will be selected to serve as White House Fellows for a one-year period beginning Sept. 2.

WORDEN RESCUES 33

The guided missile cruiser USS WORDEN (CG 18) rescued 33 Vietnamese refugees from a 30-foot craft 100 miles south of Pattaya Beach, Thailand, on Feb. 10. The refugees had been at sea for 10 days—eight without food and water—and were severely dehydrated. On Jan. 30, the USS KILAUEA rescued 67 Vietnamese refugees from the South China Sea who had been afloat for 20 days in a disabled boat.

CORAL SEA IN—KITTY HAWK OUT

Two carrier battle groups transited the Strait of Malacca on Jan. 31—one entering the Indian Ocean and the other departing from there.

A five-ship carrier battle group consisting of USS CORAL SEA (CV 43), USS HALSEY (CG 23), USS WILLIAM H. STANDLEY (CG 32), USS JOHN PAUL JONES (DDG 32), and USS SCHOFIELD (FFG 3), passed through the strait on its way into the Indian Ocean since last November when it was sent there in response to tensions in the Middle East. The ships of the KITTY HAWK group are currently expected to return to their West Coast homeports on Feb. 25.

USS FRANK CABLE COMMISSIONED

The submarine tender FRANK CABLE (AS 40) was commissioned Feb. 5 in Charleston, S.C. Rear Admiral Donald Hall, Commander, Submarine Group Six, was the principal speaker at the commissioning.

SIU, UNC reps here every other Thursday

Representatives from Southern Illinois University (SIU) and the University of Northern Colorado (UNC), two off-duty degree programs offered through Naval Campus for Achievement, will be at Naval Regional Medical Center Oakland, Bldg 500, 3rd floor hallway near the dining room, every other Thursday from 10 a.m. to 5 p.m., beginning March 13.

SIU offers a bachelor of science degree in health care administration, and UNC offers a master of science degree in business administration with a health care emphasis. Both degrees are fully accredited and are offered on the week-end seminar format to minimize interference with duty schedules.

For more information stop at the information table or call: Jan Bloomquist, SIU Representative at 562-8767, or Susan Bier, UNC Coordinator, at 397-1079. Autovon 869-6329.

Columbia offers classes at TI, OAB, Hamilton

Columbia College, a degree-granting institution which has had classes in the Bay Area since 1975, will offer a wide range of courses during its next session (March 17 to May 10).

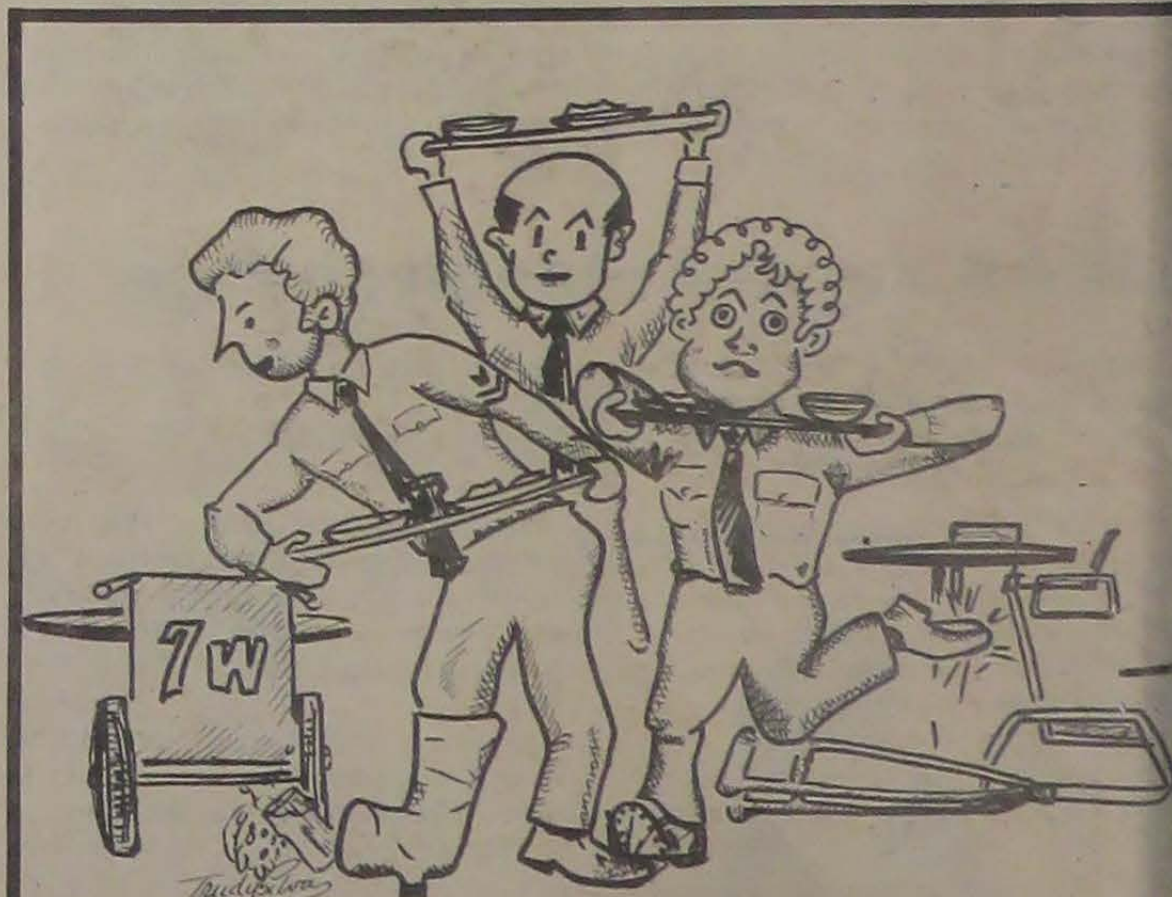
Classes are held during evening hours and are tailored to fit an accelerated eight-week format. The school has a policy of assessing military experience and schooling for academic credit. Columbia is sponsored by Navy Campus for Achievement at Treasure Island and Hamilton, and by the Army Education Center at Oakland Army Base.

At Treasure Island, Columbia will offer Economics II (Monday), Human Sexuality (Monday), Twentieth Century American Diplomatic History (Tuesday), Introduction to Data Processing (Wednesday), English Composition II (Thursday), and Corporation Finance (Thursday). The Diplomatic History course is being offered as a response to the current wave of diplomatic problems plaguing the United States and will trace the development of our relationships to other world powers. Human Sexuality, an upper-level Psychology course, will analyze the behavioral and societal aspects of sexuality.

Scheduled for Columbia's Oakland Army Base campus are Military Justice Systems (Monday), Statistics (Tuesday), Administrative Office Management (Tuesday), General Psychology (Wednesday), and American Political Parties (Thursday). Like Diplomatic History, American Political Parties is a response to contemporary events, particularly the upcoming conventions and campaigns. Military Justice Systems, an upper-level Criminal Justice course, will concentrate on the procedures of the court-martial and will briefly compare civilian and military justice systems.

Offerings at Hamilton Housing Facility are Accounting I (Monday), Current Issues in Business (Wednesday), and History of the American West (Thursday). Accounting I will provide students with the basic elements of financial record-keeping and is a prerequisite for Accounting II, which will be offered the following session; Current Issues in Business will focus on the ideas determining the contemporary business climate. History of the American West will trace the expansion of "civilization" from the Eastern Seaboard to the Pacific Coast.

Prospective students can learn more about the Columbia Program by calling Larry Blades or Linda Rudolph at (415) 397-5613. Active duty personnel who have not received educational counseling should contact their education officer before embarking on any program.



Ballet is a common art form on some busy days in Oak Knoll's main dining room.

People make news ---

Nurse in spotlight:

Leaves active duty in August

She'll only be with us until August, but friends of Lieutenant (junior grade) Susan B. Evans should be pleased to learn that she at least plans to remain in the Bay Area, and is seriously considering staying in the Naval Reserve.

Future plans of the Nurse Corps officer also include going back to school for postgraduate work and nursing employment in a critical care area.

Lieutenant Evans has been assigned to Naval Regional Medical Center Oakland since October 1977. She first worked on 9 South, then on 6 West, and in May 1978 transferred to the Emergency Room where she is still assigned.

From Pittsburgh, Pa., the young nurse completed college at the University of South Carolina in May 1977. She has also taken additional courses at Chabot College while assigned to Oak Knoll.

"I joined the Navy for the chance to travel," she said, "and have met a lot of good people in the service."

She is the daughter of Mrs. Virginia L. Evans, Charlotte, N. C., and sister of Russell Evans of Pittsburgh, Pa.

Miss Evans says her "children" are a dog named "Shasta" and a cat who is called "Soloman".



LTJG Susan B. Evans

Sailor of Month bright, intelligent

"She's bright, intelligent and knowledgeable... an outstanding corpsman," said Lieutenant Commander Loretta A. Griffiths, charge nurse for Ward 9-South, as she described Naval Regional Medical Center Oakland's Sailor of the Month (for January).

Hospitalman Delores M. Colchado, general duty corpsman on Ward 9-South, is a licensed cosmetologist and certified CPR and EKG technician.

She was assigned to Oak Knoll last April after completing corps school at Great Lakes.

"I really enjoy what I'm doing and hope to continue helping others—it's good to know that one is recognized," said the young bachelorette.

HN Colchado, the daughter of Magdalena Colchado of El Paso, Texas, hopes to continue in the medical field and is pursuing part time studies at Ohlone Community College in Fremont.



HN Delores M. Colchado

Gladys Mitchell new NEA rep

Gladys Mitchell of the Appointment Desk has relieved Hazel Harlow of Civilian Personnel as Naval Regional Medical Center Oakland's representative for the Naval Employees Association.

The 1980 membership drive will begin in late March. A \$5 fee is charged, but membership offers many discount privileges throughout the Bay Area, as well as other benefits for civilian employees.

Meanwhile, Ms. Mitchell will take orders for the newly published 1980 Federal Employee Almanac. A discount price of \$2 must be paid before the books can be purchased.

If more information desired, call Ms. Mitchell at Ext. 2518.

Three promoted

Three Naval Regional Medical Center Oakland officers have recently been promoted to the rank of commander.

They are: Father Melvin Hary, Chaplain Service, and Doctors Douglas Wallace, Radiology, and Robert Banka, who is on an emergency medicine fellowship with San Francisco General.

Ski Alpine at discount

The Alpine Meadows Ski Area near Tahoe City is offering military personnel and their families the convenience of purchasing lift tickets and lesson coupons at Oak Knoll Special Services (Bldg. 38) for a discounted price.

With proper ID, all-day lift tickets will be available for half-day price. On weekends, \$1 extra is deducted per person from the lift ticket if four or more skiers come in one car.

Beginner through expert lessons with four hours of instruction are available for \$10 each.

For further information, call Sally Young at Ext. 2479.

Kudos.....

Civilian Length of Service Awards

Elnora Mixon, Housekeeping, and Lily Thompson, Patient Affairs, 35 years each.

Joe Beaver, Food Management Service, 30 years.

Lynn Gathright, Food Management Service, 25 years.

Virginia Cheatham, Nursing Service, 20 years.

Rayfield Roquemore, Food Management Service, 15 years.

Letters of Appreciation

Lieutenant (junior grade) Susan Blankenship, Nurse Corps, detached.

Chief Hospital Corpsman Ernest Copas, detached.

Good Conduct Awards

Senior Chief Hospital Corpsman Lowell R. Norbom, Alameda Branch Clinic (fifth award).

Hospital Corpsman First Class Garry J. Silk, Photo Lab (third award).

Reenlisting

Hospital Corpsman Second Class Cesar Ortega, Ear-Nose-Throat.

Hospital Corpsman Third Class Donald Manriquez, Ophthalmology.



TO MARE ISLAND—Oak Knoll lost its Fire Chief last week when Ted Ferreira transferred to Mare Island Fire Department, where he is now Assistant Fire Chief. Captains Ed Davenport and Charles Jackson will assume responsibilities for the local fire department until a new Oak Knoll Fire Chief is selected.

-----Comings and Goings-----

"Fair winds and following seas" to recently detached:

Nurse Corps Lieutenant (junior grade) Susan Blankenship, released from active duty.

Postal Clerk First Class Florencio Garcia, Jr., Mail Room, transferred to Fleet Reserve.

Medical Service Corps Lieutenant David Still, Optometry, to Rota, Spain.

Chief Hospital Corpsman Ernest Copas, Concord Branch Clinic, to

Marine Aircraft Group 32, Beaufort, S. C.

Nurse Corps Lieutenant (junior grade) Juliette Schmid, released from active duty.

Nurse Corps Lieutenant (junior grade) Martha Jo Christopher, released from active duty.

"Welcome aboard" to newly arrived:

Ensign Beverly Pfister, Clinical Clerk.



SWEETHEART SERENADE—Wanda Bagley broke away from traditional gifts of endearment and gave her husband, Hospital Corpsman First Class Grover Bagley, a singing valentine. Petty Officer Bagley of the Clinical Investigation Center thought he was attending a staff conference when he was completely surprised by a young man wearing a black top hat and red tails who serenaded the startled corpsman. The singer was accompanied by a dancer, who also performed.

Staffing assistant sought by CPS

Applications will be accepted through March 3 for the job of Staffing Assistant, GS-6, in Civilian Personnel Service at Oak Knoll. There is a promotion potential in this position to GS-7 level without further competition.

A total of four years' experience is required, including three years where applicant has acquired and applied knowledge of rules, regulations, procedures and program requirements of one or more areas of a personnel system. A minimum of six months of the specialized experience must be directly related to staffing.

For further information, call Sherry Robinson at Ext. 2116.

Speaking of health care

New lease on life? The Navy's Drug Exemption Program

Four Drug Exemption Representatives (DERs) have been designated to administer the Navy's Drug Exemption Program at Naval Regional Medical Center, Oakland.

The program is designed to encourage service members with drug abuse problems to seek help without fear of punishment.

Individuals who are interested in participating in this voluntary program must be sincere in their desire to eliminate drug involvement and must cooperate in assigned rehabilitation programs.

Applicants are accepted through a screening process conducted by the DER. Qualified members are granted exemptions for all incidents of illegal use or possession of controlled substances voluntarily disclosed to the DER. This

exemption provides that disciplinary action or an administrative action leading to discharge other than honorable for drug use will be waived for all infractions reported.

The participant is subsequently examined by a medical doctor and referred to the Counseling and Assistance Center for evaluation and a recommendation for rehabilitation.

If you would like to learn more about the Drug Exemption Program, please contact: Lieutenant Commander Noel Hyde, Pharmacy Service, 2467; Hospital Corpsman Second Class M. C. "Monty" Martinez, Psychiatry Service, 231; Chief Hospital Corpsman Theodore P. Young, Laboratory Service, 2283; Lieutenant Commander Mary Ellen Baker, Nursing Service.

VA's FY81 budget includes all-time high in medical care staffing

The Veterans Administration's Fiscal Year 1981 budget calls for expenditures of more than \$2 billion for all veterans' programs in California. Of this amount, \$817 million will be spent in the Northern California area alone.

The VA's FY '81 budget, sent to Congress Jan. 28 by President Carter, calls for the highest funding in history for the agency.

The document includes increases for Vietnam veterans training under the G.I. Bill; for compensation and pension recipients, and calls for record funding for hospitals, clinic and nursing home construction.

Further, the FY '81 budget includes money for opening a large new national cemetery, and for planning two more.

Administrator of Veterans Affairs Max Cleland said the \$22.7 billion budget request will enable the agency to continue to give special emphasis to the problems of Vietnam-era veterans and to meet the increasing needs of older veterans.

It is \$1.5 billion higher than the FY '80 budget, and more than 40 percent greater than the \$16.1 billion requested just five years ago.

Employment in VA's Department of Medicine and Surgery (DM&S) will be at an all-time high.

Cleland said the medical care appropriation of \$6,154,802,000 will exceed this year's budget by nearly \$300 million, and will allow for DM&S staffing 194,892.

The figure includes added personnel for a new readjustment counseling program for Vietnam veterans. Increased medical employment means VA will reach a ratio of 2.15 staff members for each patient in the VA hospital census. The agency expects a record 1,350,000 inpatients in hospitals, nursing homes and domiciliaries during the year, and estimates it will handle more than 18 million outpatient visits, also a record.

Cleland said the budget foresees payments of \$12.5 billion to compensate and pension recipients.

The President's budget proposes a 13% cost of living compensation increase for 2.3 million disabled veterans with service connected disabilities, and for 360,000 survivors of those who died in service.

It also includes, Cleland said, a similar increase for the 2.2 million persons on VA pension rolls, veterans who were disabled after service and needy survivors of veterans.

TARP: forum for exchange

Past years have seen the Navy, Army and Air Force come together semi-annually for the Tri-Services Aeromedical Research Program known as TARP. The recent TARP meeting hosted by the Naval Aerospace Medical Research Laboratory (NAMRL), Pensacola, Fla., brought together the working scientists from the three services involved in research.

"Our purpose is to build a forum for technology exchange. The services are trying to find ways of avoiding duplication and maintaining cost effectiveness," stressed Colonel Stanley C. Knapp, Medical Corps, U. S. Army, chairman of the meeting.

The forum also offered an opportunity for those scientists from each service connected laboratory to meet on a one-to-one basis.

Topics discussed centered around two themes, "Acoustics" and "Vision." Presentations on these topics were given by the U. S. Army Aeromedical Research Laboratory, Ft. Rucker, Ala.; the 6570th Aerospace Medical Research Laboratory, Wright-Patterson Air Force Base, Ohio; the U. S. Air Force School of Aerospace Medicine, Brooks Air Force Base, Tex., and NAMRL.

Program coordinator of NAMRL, Fred E. Guedry, Jr., Ph.D., stressed the importance of the armed services' continuing interchange of research development. Because of the success of this and past TARP meetings, exchanges in the future will continue to open new horizons to the aerospace scientific research community, the spokesman said. (NES)

Pitfalls lurking for skaters

Following fast on the skateboard fad is a resurgency in popularity of roller skating.

And, following fast on the resurgence in popularity of roller skating is a dramatic increase in the number of roller skating injuries, reports the Consumer Product Safety Commission (CPSC).

In 1978, an estimated 93,000 persons were treated in hospital emergency rooms for roller skating injuries. In the first seven months of 1979 alone, 74,000 people were treated. These figures contrast with less than 55,000 annual injuries only five years ago.

Roller skaters are not just children and teenagers. Nearly a quarter of those injured during the first seven months of 1979 were 25 years of age or older. Twice as many females are injured as males, a reversal of the skateboarding pattern.

More than a third of all injuries associated with roller skating are fractures, and more than a third of the injuries are to the wrists. Next most common are injuries to knees and elbows.

The CPSC suggests that roller skaters check the skating surface

carefully before and while skating. Avoid uneven or broken cement and rocks.

Padded protective equipment, such as skateboards wear on knees and elbows, may help reduce the number and severity of injuries. Other protective equipment is also available.

Skaters should learn how to fall in case of an accident. Try to roll on fleshy parts of the body such as buttocks, upper legs and shoulders rather than landing on more fragile areas. Also, try to relax rather than stiffen.



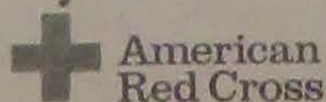
To hasten labor among the Greeks of Hippocrates' time, pregnant women were sometimes tied to a couch, which was then turned on end and pounded against a bundle of sticks placed on the ground.¹

©H. T. Bannister, Jr. 1978

¹FOOTNOTES IN MEDICINE

Bill Cosby says:
"When you learn CPR, you're

ready to save lives—anywhere."



A Public Service of This Magazine A The American Red Cross

With the family ---

Saving makes sense

The economy is bad and if we believe the financial whiz kids, it's going to get a lot worse. With the prospect of \$1.50 a gallon for gasoline looming by March in the Bay Area, it's time to squeeze that penny a little harder.

- Here, then, are 25 ways to stretch the increasingly inadequate buck:
- Exchange clothing with neighbors or relatives when items are still wearable but don't fit.
 - Buy things that stay in style, simply trimmed and well made, and whenever possible, clothing that will adequately transit all seasons.
 - Purchase spot cleaners to remove dirt spots and cut down on expensive dry cleaning.
 - Contribute unused items to charity and add a deduction to your income tax.
 - Change into old clothes when you arrive home from work or school. Many outfits can take a second wearing without laundering; besides, you'll be saving both water and the wear from washing.
 - Running is fun and doesn't cost a cent. Basketball hoops on garages occupy the kids and keep them home.
 - Renew family interest in checkers, bingo and card games... maybe even saw puzzles.
 - Save bread wrappers and use them instead of waxed paper to wrap sandwiches.
 - Brush teeth with a mixture of salt, baking soda and a few drops of water.
 - Start a compost pile with table scraps, leaves and grass cuttings so that it will not be necessary to buy commercial fertilizer next year.
 - Showers use less hot water than tub baths.

'Duty, honor, country'

FRA invites essays from school children

The Fleet Reserve Association (FRA) invites entries from school children 8 through 12 years of age in its annual Americanism Essay Contest, which carries the theme "Duty, Honor and Country."

All entries must be sponsored by a FRA member, but according to George S. RP. Nilsson, FRA's Branch 10 (Oakland-San Leandro) will be happy to sponsor entrants. (He may be reached at 538-9421).

A student may submit only one entry, which must be typewritten, printed, or legibly written, not to exceed 300 words in length. Each entry must be accompanied by a separate piece of paper stating the entrant's name, address, school, grade, social security number, the parents' or guardian's name and social security number, and the sponsor's name.

All submissions must be postmarked no later than March 31. Those sponsored by West Coast Region Branches or branch members should be mailed to West

Coast Regional Americanism Committee Chairman, H. R. McNichol, 16193 Via Del Robles, San Lorenzo, Calif., 94580. Entries sponsored by membership-at-large go to A.S. Yates, National Americanism Committee Chairman, 21170 Frances Street, Castro Valley, Calif. 94546.

Competitive judging will be by school grade. Each FRA region will select a first place winner in each grade group and these resulting 40 winners will compete for national first, second and third place awards in each grade group. The Grand National Award Winner will be selected from the five first place award winners.

National awards will be \$500 U. S. Savings Bonds and plaque for Grand National; \$100 bond and plaque for National First Place, and plaques for National Second and Third Place awards.

For further information, call Mr. McNichol at 276-6080.

IRS offers tax preparation tips to do-it-yourselfers

DITY—do-it-yourself—is popular with many servicemembers.

There are do-it-yourself moves, do-it-yourself hobby shops, and now the Internal Revenue Service is promoting do-it-yourself tax returns.

Most DITY projects just take time and patience. IRS says the game is the same when it comes to the income tax package.

Best part is that if you run into trouble, you can always visit one of the Internal Revenue Service offices for personal help or get the same help from specially briefed tax advisors in the military.

Here are some tips that the IRS has prepared for the DITY tax doers.

Tip 1: Get organized. As the year goes by, beginning in January, keep all the receipts, wage statements, medical payments, and any other pertinent information—along with checks—in one place. A manila envelope clearly marked "Taxes 19__" is a good bet. The same envelope can be used to keep all the records and a copy of the completed and filed tax form for your permanent files.

Tip 2: Keep records. This is important for those who itemize. Use any system you want, as long as it is a system. That is, that all the facts are in one place and readable. While the IRS recommends that the records be kept for at least three years, a better bet is to make them permanent. Extraordinary tax records, like those on the acquisition of personal assets, such as a residence or other investments liable to capital gains treatment, should be kept for as long as necessary.

Tip 3: Read the instructions. Most of the questions which come to mind in preparing a tax form are answered in the form's instructions. A few minutes spent reading the instructions will be time well invested. And, there's a chance you will save yourself money.

Tip 4: Review the form carefully. Before you start preparing, go over the entire form line by line. Because of IRS efforts to simplify the forms, and because of changes in tax laws, the forms do change a little from year to year. Certainly all of the lines will not apply to all taxpayers, but an over-looked line can be a costly mistake.

Tip 5: Check back. Make sure that the information is on the correct line. Double check for math errors and for transposed numbers—it's easy to write "47" when the correct number should be "74". A few extra minutes spent checking accuracy can save you hours in the long run.

Tip 6: Check attachments. If you're using additional schedules or forms, such as Schedule A if you itemize, be sure your name and Social Security number is on each. Attach schedules in alphabetical order and forms in numerical order. Staple W-2s (Copy B) securely in the space for them on the front of the Form 1040 or 1040A. If you should omit any of the required documents, wait until IRS notifies you. If you forgot to include wages for a late-arriving W-2, however, you will be required to file an amended return.

Tip 7: SIGN. A return with no signature is not a properly filed return and as

such must be returned to the taxpayer for a signature—a sure way to slow down a refund. And remember, on a joint return two signatures are required.

Tip 8: Use the peel-off label and the coded envelope. Both the label and the envelope are designed to speed up processing. If corrections are necessary on the address label they can be written on the label itself. Before using the label, be sure that the return is correct. The IRS advises that while it is a "peel off" label, it peels off only from the tax package; it won't peel off the tax form once it is put on it.

If you decide to take your return to a paid preparer, the IRS has a few words of caution: **be sure the preparer is reputable.**

No matter who prepares a return, the person primarily responsible for it—you—must sign it.

Some things to look for in a paid preparer—

- he or she will complete the Paid Preparer's Information section at the bottom of the return.

- after completing the work, the preparer gives you a copy for your records.
- the individual should be available during the year should any questions arise.

The last tip is the easiest—**MAIL EARLY.** (AFPS) (EDITOR'S NOTE: ... and add enough postage!)



Little acorns...

The following recent additions to the Navy's medical "family" have arrived at Oak Knoll:

A baby boy to retired Hospitalman David A. Corso and his wife Linda, Feb. 5.

A baby girl to Hospital Corpsman First Class Vicente B. Pestano, Naval School of Health Sciences, San Diego, and his wife Theodora, Feb. 9.

A baby girl to Lieutenant Gerald E. Nelson, OB/Gyn. staff, and his wife Jeannine Marie, Feb. 9.

A baby boy to Lieutenant Commander James Stankiewicz, ENT Staff, and his wife Joanne, Feb. 17.

A baby girl to Hospital Corpsman Third Class Reynaldo M. Ignacio, Pharmacy Service, and his wife Barbara, Feb. 18.

Off duty - -

★ ★ ★ MOVIES ★ ★ ★

Friday, Feb. 29
6 p.m.

FOR THE LOVE OF BENJI—Benji—Comedy/G

Saturday, March 1
2 p.m.

MATILDA—Robert Mitchum, Elliott Gould—Comedy/G

3:55 p.m.

THE NORSEMAN—Cornel Wilde/Lee Majors—Action/PG

Sunday, March 2
6 p.m.

LASERBLAST—Kim Milford, Cheryl Smith—Science/PG

Monday, March 3
6 p.m.

JAWS II—Roy Scheider, Lorraine Gary—Adventure/PG

Tuesday, March 4
6 p.m.

SUPERMAN—Marlon Brando, Christopher Reeves—Adventure/PG

Wednesday, March 5
6 p.m.

TIME AFTER TIME—Malcolm McDowell, David Warner—Suspense/PG

Thursday, March 6
6 p.m.

THE LAST WAVE—Richard Chamberlin, Gulpilil—Drama/PG

Friday, March 7
6 p.m.

CHANCE—Christopher Clarke, Jack Denbro—Western/PG

Saturday, March 8
2 p.m.

PIRANHA—Bradford Dillman, Heather Menzies—Drama/R

3:40 p.m.

THE MAGIC OF LASSIE—James Stewart, Mickey Rooney—Comedy/G

Sunday, March 9
6 p.m.

THE BLACK PEARL—Mario Custodio, Gilbert Roland—Adventure/PG

Monday, March 10
6 p.m.

MR. ROBERTS—Henry Fonda, James Cagney—Comedy/G

Wednesday, March 12
6 p.m.

WHEN A STRANGER CALLS—Carol Caine, Colleen Dewhurst—Action/R

Thursday, March 13
6 p.m.

ST. JACK—Ben Gazzara, Peter Bogavich—Drama/R

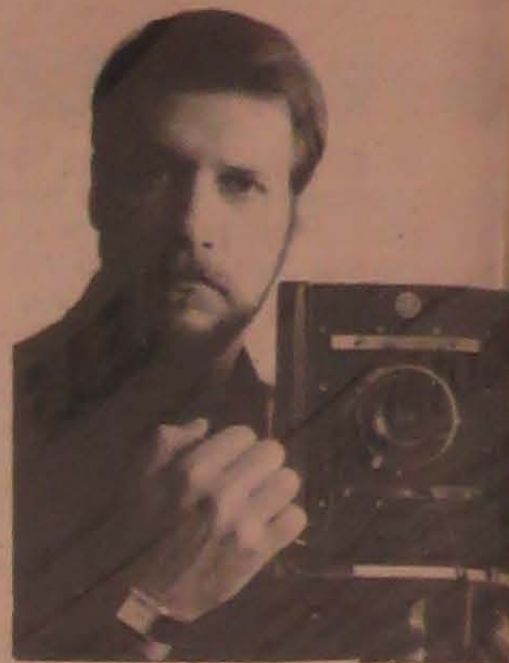
Tuesday, March 11
6 p.m.

NORTH DALLAS FORTY—Nick Nolte, Mac Davis—Comedy/Drama/R

Qs and As of photo art

By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)



Q. What do the abbreviations ASA and DIN on film boxes mean?

A. DIN is short for Deutsche Industrie Norm and ASA (formerly American Standards Association) is the abbreviation given by the American National Standards Institute (ANSI). Both ASA and DIN represent values arrived at by mathematical formulae for the purpose of determining the rating relative "speed" of a film, or its level of sensitivity to light. Although the ASA film speed ratings are arrived at by an arithmetic formula and DIN ratings by logarithmic method, one thing is still the same—the higher the ASA or DIN number, the greater the film's level of sensitivity to light. All of the Japanese import cameras with which I am familiar calibrate their exposure meters with ASA numerical markings, while a number of European import cameras still carry both the ASA numbers and their DIN equivalents.

Q. A little less than a year ago, I

bought a fairly expensive "brand name" 35mm camera and my interest in photography is growing to where I like to get perhaps a wide-angle and telephoto lens, in addition to the lens that came with the camera. At present, however, I can't afford the lenses the manufacturer makes for the camera. How good are lenses made by independent manufacturers?

A. With the advent of computer-designed lenses in the past decade, so, the quality of lenses made by independent manufacturers (once considered not as good as those made by major camera makers) has risen considerably, while at the same time keeping prices reasonable. For the majority of 35mm cameras, there are almost 3,000 different lenses you can choose from (ranging from 8mm fisheye to 1,000mm catadioptric lenses) to use with your camera. Lenses made by independent manufacturers certainly represent a bargain if you do some judicious comparison shopping first.

Sport talk

By Carol Foley

Standings as of games through Feb. 20:

TEAM	W	L
Medical	9	0
OR	7	2
MSC	5	4
NP	4	5
ENT	2	7
DMO	0	9

Forthcoming events

The 11ND Women's Championship Volleyball team will be defending its title March 7-9 at Treasure Island. Games are scheduled to begin at 7 p.m. on the 7th and 9 a.m. on the 8th and 9th.

Make plans now to join in supporting our team. It promises to be an exciting weekend.

Boxing

There will be an Invitational Boxing Match March 9 at Chico State University. For those interested in competing, contact Ron Brown at Special Services.

On the trail

Looking for entertainment? Try this... in Fremont, near the eastern approach to the Dumbarton Bridge you'll find 1,021 acres of fulfilled entertainment including hiking, bicycling, jogging, birdwatching, picnicking, kite-flying and radio-controlled model glider flying, boardwalk view areas in freshwater marsh, Muskrat self-guiding nature trail. Guided tours of 2,000 year old protected Indian shellmounds and reconstructed Indian village. Don't bring your dogs but take a dollar along for parking fees.

Fishing

"Never fail bait?" According to an angler from Cull Canyon, it's equal parts of cut-up cotton, limburger cheese and hamburger rolled into marble-sized baits. Well this is a new one on me, but I'll try it and let you know.

Gym

It has been brought to my attention that the gym is now open from 10 a.m. to 5 p.m. on weekends for your convenience. It has also been mentioned that new weight equipment has been ordered.



Intramural basketball

Medical "Rules the Roost"

By virtue of nine wins and no losses, medical leads O. R. department (who is sporting a 7-2 record) by two full games with only one week of league play left. MSC is in third place with a 5-4 win-loss record. NP rounds out the top four teams with a 4-5 record.

Last week's games saw Medical defeat winless D.M.O. by a score of 78-40. Steve Baez led Medical with 18 points on eight field goals and two free throws. Bob Swan followed closely with 16 points as he split the net with eight field goals. Les Smith also aided his team's cause with 15 points.

Scoring honors, however, were garnered by Ben Adona who netted 20 points on seven field goals and six free throws.

In the other contest played last week, OR defeated NP by a score of 71-41.

Tom Nagy scored 20 points in the first half and 12 points in the second half for a game high total of 32 points. Eric White followed with 14 points.

Next week's games pit OR against MSC and Medical against NP.

The playoffs will start Wednesday, March 5, at 7 p.m.

The championship match will be held Wednesday, March 12.

Watch whales from 'Y' boat

A whale watch boat trip, sponsored by the Central YMCA, will be held on Sunday, March 9.

Transportation from San Francisco to Half Moon Bay is included in the \$17 fee.

For registration or further information, call the Central Y at 885-0460.

Time to form softball teams

It's not too early to get organized for the 1980 Intramural Slow-Pitch Softball League, which is tentatively scheduled to begin the week of May 12.

Games will be played Mondays through Thursdays at 5 p.m. and again at 6 p.m. Game time is forfeit time.

Softball equipment will be checked out to team captains upon completion of an entry form (reproduced below for your convenience), when presented to the Special Services gear issue room.

Team captains will be held responsible for all gear checked out to their team. All softball equipment is due back one week after completion of the team's last scheduled game. (Softball gloves will be loaned on an individual basis. Charge will be levied for lost or late-returned equipment.)

Entry forms must be completed and returned to Special Services, Bldg. 38, later than 12 noon, May 1.

ENTRY FORM

From: _____ Service _____
To: Assistant Director of Special Services
Subj: 1980 Intramural Slow-Pitch Softball League
1. This service will enter a team in subject league.
2. The team captain will be _____ Phone _____
(First name) (Last name)
3. Please do not schedule games for our team on MON TUE WED THU (Days circled are days our team cannot play).

(Team Captain)

(Rate/Ref)

'Jazz-er-cise' underway here

The Naval Regional Medical Center Auxiliary and the Special Services Office are co-sponsoring a series of "Jazz-er-cise" sessions at the Oak Knoll gym beginning March 4.

"Jazz-er-cise" is a dance fitness program which involves stretches, steps and transitions choreographed through all kinds of music from rock to ragtime. The routines will be taught by Cynthia Hevenor, a certified "Jazz-er-cise" instructor.

Two free introductory classes began Feb. 26 and 28. The exercise program will be held every Tuesday and Thursday, beginning at 10 a.m. Four classes cost \$7.50, eight classes, \$15, etc.

"Jazz-er-cise" is only open to NRMCO military and their dependents and guests are allowed during the 45-minute workups.

Participants should wear loose clothing such as leotards or running suits.



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Volume 42, No. 6

Friday, March 14, 1980

'Sailor of Year' is hero to injured cyclist

He didn't give the injured motorcyclist much to go on—only that his name is Frank and that he works at a naval hospital, but when the letter of appreciation arrived at the office of the Commanding Officer, everyone at Naval Regional Medical Center Oakland (NRMCO) knew that the cyclist must have been referring to the modest, unassuming Hospital Corpsman First Class Frank G. Gillette, the center's Sailor of the Year.



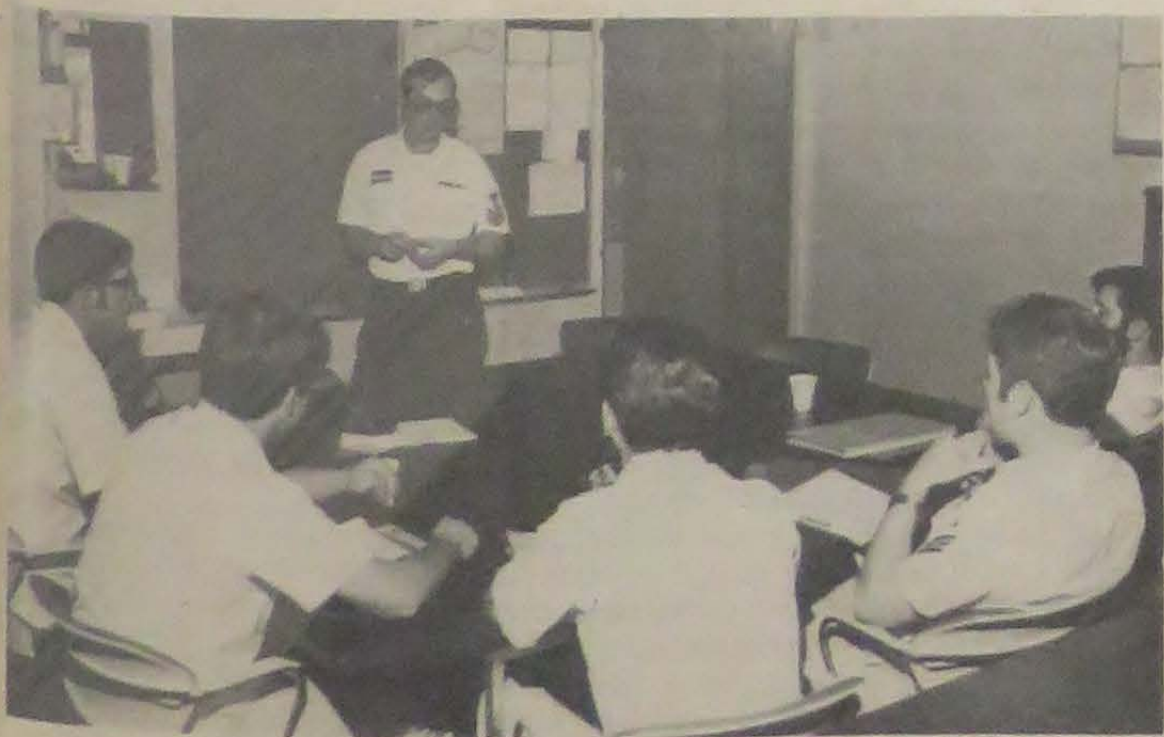
RECOGNITION—In a Feb. 21 ceremony in his honor, Petty Officer Gillette receives a letter of commendation and hearty congratulations from Rear Admiral Walter M. Lonergan, Commanding Officer.

Frank never told anyone here about his aid to the injured man on Highway 101 south of San Francisco. It was just a matter of routine to him. Wouldn't any trained corpsman do the same thing?

But to Mr. Russel Wright, the injured party, it was something special, and he relayed his feelings to Rear Admiral Walter M. Lonergan, Commanding Officer, by writing

"I was riding my motorcycle. . . when I was run into by a drunk driver and knocked off my motorcycle. It was a busy road and I fell off my bike in the middle of traffic. I don't remember too much after that, except that from out of nowhere came this young man telling me that I was going to be all right and that he would see that I got some help. . . Later when I arrived at the hospital and discovered that I had a broken right leg and arm, did I really realize the extent of this person's assistance. . . He had splinted both my arm and leg. (I have been in the hospital these last few weeks recovering from my injuries.) You can be proud of people such as this gentleman that you may have on your staff."

Fortunately, the letter arrived in time for a Feb. 21 ceremony scheduled to honor Frank as NRMCO's Sailor of the Year, and this act, together with the year-long outstanding performance, was publicly recognized by officials, coworkers and friends.



BUSINESS AS USUAL—He may have been a celebrity that morning, but by 1 p.m., Hospital Corpsman First Class Frank Gillette was back in the classroom teaching his neuropsychiatric technician students.

Medical Corps Captain G.W. Zelles, Chairman of the Sailor of the Year/Month Selection Board, told the audience how selections are made. The board, in addition to Dr. Zelles, is made up of Lieutenant Commander Patricia B. Hoggatt; Command Master Chief Charles Dackerman; Senior Master Chiefs Jerry Schlegel, Jerry Price, James Cordeiro, Nathaniel Jenkins, and Chief Hospital Corpsmen Walter Kirby and Richard Montour. From nominations which come from each service and clinic, the body reviews records and interviews all candidates, making their evaluations from some 40 outstanding persons at this hospital. When it comes time to select the Sailor of the Year, they re-interview all Sailors of the Month and select the one who best exemplifies the standards. As Admiral Lonergan said, "The title of Sailor of the Month is difficult to attain; to be named Sailor of the Year unquestionably has to be a high point in anyone's life."

Among his rewards for winning the title were a letter of commendation engraved on a plaque, a \$50 gift from the NRMCO Officers' Auxiliary, a \$50 bond from the Chief Petty Officers' Association, reserved parking for a year, two complimentary dinners at the Enlisted Club, and a weekend in South Lake Tahoe, the latter through the courtesy of a civilian employee who owns a condo there. His fellow workers from Psychiatry Service also presented Petty Officer Gillette with a beautiful watch.

Although his young son Scott was not able to be present for the ceremony, Frank's wife Mary proudly stood by to see her husband honored.

Petty Officer Gillette was born in Ludington, Mich., the son of now retired Coast Guard Captain and Mrs. Homer Gillette.

The quiet, sandy-haired instructor in NRMCO's Neuropsychiatric Technician School, is a very versatile person. He is a licensed psychiatric technician and licensed vocational nurse (both from the State of California); holds a first class and classes A through D Federal Communications Commission "ham" radio licenses; is a licensed auto mechanic; works part time as an audio-engineer at a local radio station, and is a member of a racing team for Class B European sports cars. He serves on the planning committee for the annual Hospital Corps Ball; acts as liaison to the State Board of Examiners for licensure of psychiatric technicians and assists other staff members in meeting licensure requirements. He also plays both



THANK YOU—Sailor of the Year Gillette steps to the podium to express his appreciation to all for the top honor. Standing in the background is Command Master Chief Charles Dackerman, one of the members of the selection board.

the guitar and trumpet, is "into bike riding," and will now serve on the selection board for future "Sailors of the Month," a title he held himself last April.

Another two examples of his proclivity to help others has been his assistance to both the Enlisted Wives Club at Hamilton Housing Area (where he and his family make their home) and to the La Leche League.

Petty Officer Gillette has been in the Navy about seven years, and has been teaching here for two of them. Earlier, he was a psychiatric technician student and staff technician at Oak Knoll, and during his career has also held billets at Camp Pendleton.

In addition to holding a bachelor's degree in business administration and certificates of completion from Hospital Corps, Instructor Training, Field Medical and Psychiatric Technician schools, he has been attending graduate school all year, maintaining a 3.3 grade average, and has only four hours remaining toward a master's degree in business administration.

Frank's record will now be forwarded to compete with other Sailors of the Year Navy-wide.

(Another photo, Page 3)

Special:

Working the ER shift

Pages 6-7

Editorial ---

Part III

Defense Energy: Update on a grave problem

By George Marienthal
Deputy Assistant Secretary of Defense
(Energy, Environment and Safety)

The Defense Department's capability to maintain adequate war reserve stocks and peacetime operating stocks to meet its petroleum requirements is basically dependent on three factors, including:

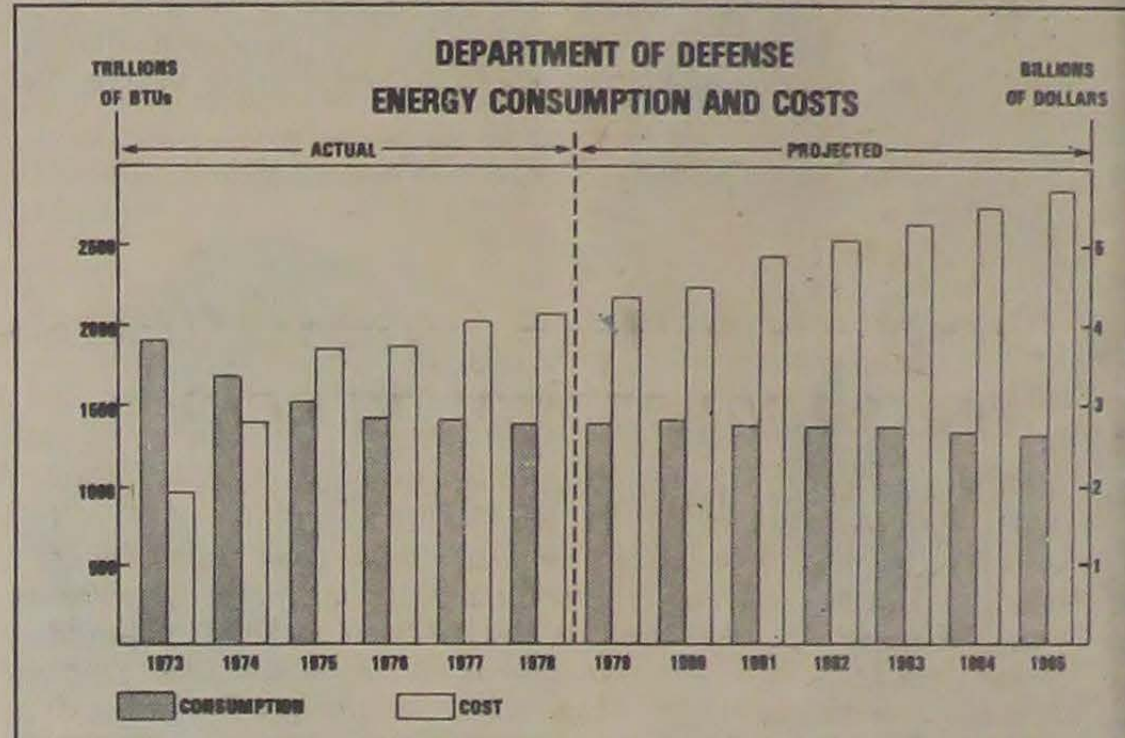
- the location and capacity of storage facilities,
- the cost and availability of fuel, and
- for war reserve stocks, the level of funding authorized by Congress.

Over the past several months, due to increasing fuel prices and limited availability of crude oil, the Defense Fuel Supply Center and the military departments have not been successful in procuring their total fuel requirements. The Department of Defense has experienced particular difficulty in negotiating reasonable prices in overseas markets. In the majority of cases, either the initial offers have not been sufficient to meet stated requirements or prices quoted are unreasonably high. In some instances, contractual coverage can be obtained only at prices two to three times higher than prices paid on previous procurements.

The Defense Fuel Supply Center has been more successful in negotiating reasonable prices to cover Defense Department domestic fuel requirements. The percentage of contract coverage of requirements has decreased steadily since jet fuel and distillates were decontrolled. Most contractors escalated prices based on the cost of crude from OPEC. Several major contractors, however, escalated on the basis of "spot market" prices, which increased DoD costs dramatically.

The limited production of crude oil in Iran, in part, has caused the Defense Department to experience a reduction in petroleum product availability. The disruption of supply in world markets which has affected the private sector has also had a strong impact on the Defense Department.

If present procurement trends continue unchanged, the Defense Department will be faced with war reserve stock drawdowns or the need to obtain prior allocations from the Department of Energy. These allocations would entail Department of Energy regulatory action to institute the Defense Production Act.



Nostalgia lane: a letter never mailed

Special Services found someone's 35-year-old letter recently, a piece of correspondence from a military person to a loved one... a letter never mailed.

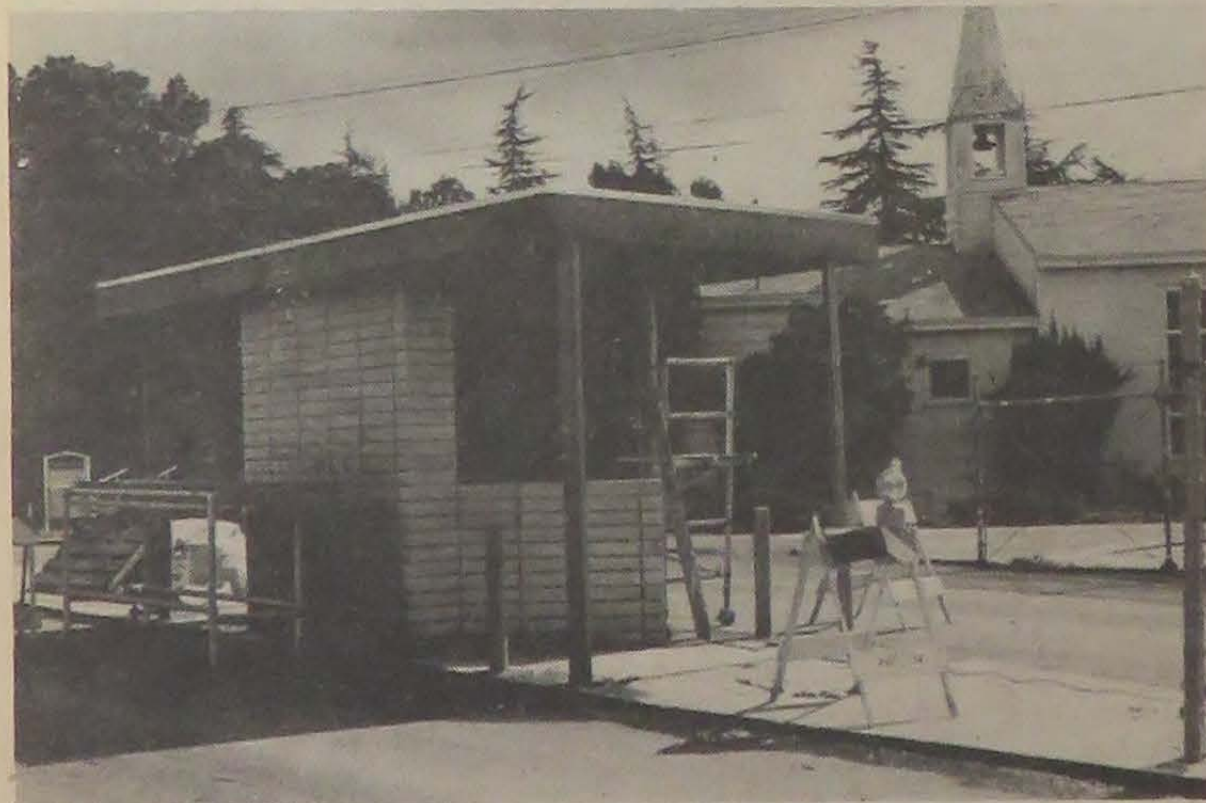
Without salutation or signature, but dated Dec. 13, 1945 on a piece of U. S. Naval Hospital letterhead that carried a logo reading "For victory buy United States war bonds and stamps," the writer said:

"I have been kept busy this week Honey, and this has been my first opportunity to write. I am working at Welfare and Recreation Department. I probably won't be able to write much until after Xmas because there are so many Xmas parties coming up and it is my job to assign the patients to the parties.

"It's an office job and I like it a great deal. I have been working on my liberty nights because we are very short of help.

"I won't be able to get the pictures until after Xmas. Sorry, Honey, but that's the soonest I can get them--"

Obviously, the unknown writer was interrupted and never got the chance to finish the letter. Wonder if "Honey" ever received her pictures?



ENTRANCE IMPROVEMENT—The old wooden guard shack at the Mountain Boulevard gate has been dismantled and a new one, conforming to the same design as that at Keller Avenue gate, is beginning to take shape. The new sentry building will give better protection to security guards on duty. Depending upon the rains, construction will be completed later this month.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HN Rick Pappas
HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

1950 or the Emergency Petroleum Allocation Act of 1973. Under Executive Orders 11790 and 12038, Title I of the Defense Production Act authorizes the Secretary of Energy to require that contracts promoting the national defense take priority over other contracts. Title I was used in late 1973 when the Defense Department asked the Federal Energy Administration (the precursor to DoE) to invoke the Act to meet our petroleum needs. Initial deliveries began in the quarter of 1974. The lack of existing procedures to apply the Act to fuels caused much of the delay. To correct that problem, we have been working with the Department of Energy and have a draft regulation which outlines the required procedures.

The Emergency Petroleum Allocation Act provides the Department of Energy with the authority to allocate fuels and control prices of crude oil and petroleum products. After the Defense Department received fuel under the Defense Production Act in 1974, we received fuel under the Emergency Petroleum Allocation Act between 1974 and 1978.

Individual fuel products have been decontrolled through the years, however, and only motor gasolines remain subject to the Emergency Petroleum Allocation Act.

Should future petroleum supply disruptions require, the Department of Energy can reinstitute controls to petroleum products and allocate them under the Emergency Petroleum Allocation Act. In this instance, the Defense Department would receive 100 percent of current requirements for essential military and readiness-oriented operations. The allocation period would last for as long as the Secretary of Defense certifies to the Administrator of the Economic Regulatory Administration of the Department of Energy that allocations are needed.

Research and Development

The number two priority goal established in the Defense Energy Management Plan was research and development in the field of mobility fuels. This includes two major areas: research to find more energy-efficient engines and research to be able to use a broader range of fuels in current engines. The Deputy Under Secretary of Defense (Research and Advanced Technology) is directing efforts toward encouraging the development of a commercial synthetic fuels industry capable of producing refined products that meet transportation fuel requirements including the mobility fuel specifications established by DoD. DoD has taken the lead in initiating a national commitment to synthetic fuels. We have accelerated the DoD engine/fuel technology program to establish acceptable synthetic fuel specifications and to develop engine systems capable of burning a broad range of synthetic and conventional fuels.

For instance, in the case of shale-derived military fuels, the Department of Defense is continuing to study various qualification procedures using test fuels provided under Department of Energy co-sponsored projects. DoD recently joined the Energy Department in a project that will make an additional 500,000 to 600,000 barrels of shale oil available to the Department of Defense synthetic fuel qualification program. This additional quantity of crude shale oil should be sufficient to enable the development of specifications for a full slate of shale-derived military fuels. This work should be completed in the mid-1980s, at which time the Department of Defense will be a ready, willing, and able customer for the emerging shale oil industry.

The combined actions of improved flexibility in our use of conventional fuels in the short term and the transition from the use of conventional to synthetic fuels in the longer term are critical to our ability to provide guaranteed access to assured supplies of defense mobility fuels.

In terms of policy formulation and program planning, the main focus in the future will continue to be on mobility fuels, with primary emphasis directed toward placing the DoD in the position of an informed customer for the fuel produced by the emerging domestically controllable synthetic fuels industry, and to encourage, in any way possible, attempts to accelerate the development of the most critically needed industry. In this regard, we anticipate signing a Memorandum of Understanding on Synthetic Mobility Fuels with Department of Energy in the near future. This memorandum of understanding will provide for the conduct of cooperative activities between DoD and DoE to identify and to develop assured liquid hydrocarbon fuel sources. (To be continued)

Red Cross volunteers to be recognized here

Nearly 60 American Red Cross volunteers who serve year-round at Naval Regional Medical Center Oakland will be honored in a recognition luncheon scheduled for the Officers' Club on Wednesday, March 26, beginning at 11:30 a.m.

Rear Admiral Walter M. Lonergan, Commanding Officer, will speak and staff members of departments where volunteers work are invited to attend the no-host luncheon.

Those volunteers to receive pins for their service are:

Pat Acord, Helen Ayers, Margaret Bailey, Pat Baker, Kimberley Boulware, Bessie Bradley, William Brett, Martha Christopher, Lynda Creed, Hazel Daniel, Doris DeFelice, Blanche Duarte, Gina Fenton, Irene Figroid, Robert Garcia, Susan Garrett, Vada Gaya, Doris Gibson, Elfriede Griffiths, Ruth Haberman, Merle Hall, Jeanette Hardage, Enid Harvill, Bill Hatwick, Mary Herleman, Gloria Hewitt, Alexine Hoffman, Edna Hudson and Floyd Hutson.

Also, Loretta Jahromi, Ellie Lacey, Celeste LaChapelle, Judith Larese, Marjorie Leffler, Marie Loyd, Dorothy Muzio, Gladys Niemann, Ethel Nutting, Johanna Onffroy, Leta Palmer, Lelia Parker, Mary Passanessi, Francis Paternoster, Mary Paternoster, Alvin Reiner, Doreen Rose, Ella Rose, Shirley Schalla, Elizabeth Scott, Helen Scott, Ardeth Sklinchar, Virginia Spence, Lenore Stevens, Larry Tanner, Pat Taylor, Rose Marie Verdin and Ruth Wooten.

Red Cross Month—a time to thank volunteers for year-round help

President Jimmy Carter has issued the following proclamation setting forth March as 1980 Red Cross Month:

For nearly a century now, the American Red Cross has been an expression of the brotherhood of man. Its humanitarian efforts transcend not only geographical boundaries but also those of political ideology. This past year our Red Cross could be found at work among the hundreds of thousands of Cambodians who sought refuge from hunger and disease in Thai refugee camps. Similarly, it provided aid, through the International Red Cross, to the civilian population of strife-torn Nicaragua and it brought assistance to the "boat people" of Southeast Asia.

Here at home, the Red Cross mobilized a vast relief program along the Gulf Coast to help the thousands of our fellow citizens whose homes were destroyed or damaged by a series of hurricanes. In so doing it strained its financial resources, expending in a three-month period a budget meant to last for a year.

In addition to easing the suffering of disaster victims, the Red Cross provides more than one-half of our need for blood; teaches us first aid, water safety, and proper care of the ill and injured; and comes to the aid of the men and women in our armed forces and of veterans and their families.

The month of March is traditionally observed as Red Cross Month. It is the time to honor those who make this precious humanitarian work possible: the Red Cross volunteer, our neighbor.

NOW, THEREFORE, I JIMMY CARTER, President of the United States of America and Honorary Chairman of the American National Red Cross, do hereby designate March 1980 as Red Cross Month. I urge all Americans to "Help Keep Red Cross Ready" by giving generous support to their local Red Cross Chapter.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-third day of January, in the year of our Lord nineteen hundred eighty, and of the Independence of the United States of America the two hundred and fourth.

JIMMY CARTER

(Editor's Note: Financial contributions to the Red Cross are not solicited on base because this agency is one of the many that share in our once-a-year donation to the Combined Federal Campaign. Perhaps nowhere else in the community, however, are the humanitarian services of the American Red Cross so visible as they are at this hospital through the helpful, caring ARC volunteers. It is an appropriate time to thank them for their year-round, unselfish service.)

LCDR George Windham off to NETC as instructor

Lieutenant Commander George S. Windham, who has been Assistant Director of Administrative Services here over the past several months, will leave tomorrow with his wife Janet and children Kristi and Scott to make a new home in Rhode Island.

The commander's new assignment will be as an instructor with the Naval Education and Training Command in Newport.

More than half of the Medical Service Corps officer's life has been spent in the U.S. Navy, four years of them in billets at Oak Knoll. He has previously been a ward corpsman, a pharmacy technician, Security Officer, Chief of Operating Management, Special Services Officer, Logistics Officer, Educational Services Officer, Chief of Military Personnel, a student, and administrative assistant at two branch clinics.

"This has been my favorite tour of duty in 20-plus years," Commander Windham said, "... good people, good location, exciting job."

With a hometown of Blackly, Ore. (one each general store, post office and feed store; population 17) and transfers throughout his Navy years, the commander's academic record reads like a list of college football

teams. Not necessarily in order, he has studied at Suffolk University in Boston; Arizona Western at Yuma; University of Florida, Key West; Olympic Junior College, Bremerton, Wash.; George



SHARING THE HONORS—Mrs. Mary Gillette lends a hand to her husband in cutting the congratulatory cake at a reception following the ceremonies.

'I can cope'

New education, support for cancer victims, families

"I CAN COPE," a new program co-sponsored by Naval Regional Medical Center Oakland and the American Cancer Society, Alameda County Chapter, will begin here April 10.

This is an eight-week course, an education and support program for cancer patients and their families, which will be conducted by Nurse Corps Lieutenants Sheila Brennan and Pat Kenney.

An introductory film showing will be held at 2 p.m., March 20, in Room 3-6-12 on the third deck of the main hospital building. The course itself will be held on Thursdays from 12:30 to 2:30 p.m.

Initial enrollment will be limited to 30 persons.

For further information, call 639-2303.

Washington University, Washington, D.C.; New York University; Chapman College, Alameda, and completed a correspondence course with the University of Maryland. Through studies of the University of Northern Colorado last year he earned a master of science degree in business. Early in his Navy career he completed Pharmacy Technician School and Naval School of Hospital Administration.

The good-natured officer likes to hunt, fish, back-pack, run and do woodworking. As for basketball, he quipped, "I provide a body to bank into and drive around for young, unbelievably fast basketball players during my lunch hour."

The larger-than-life full-length portrait of his late hero, John Wayne, will accompany him to his new duty station.



Little acorns...

The following recent additions to the Navy's medical "family" (and to a USS CORAL SEA couple who lives in quarters here) have arrived at Oak Knoll:

A baby boy to Lieutenant Roland A. Wiley, USS CORAL SEA, and his wife Priscilla, Feb. 16.

A baby girl to Lieutenant Edward W. Brown, Ophthalmology, and his wife Pennie, Feb. 21.

A baby boy to Lieutenant Jace W. Hyder, rotating intern, and his wife Elizabeth, Feb. 25.

A baby girl to Hospital Corpsman Third Class Donald S. Pierron, Laboratory Services, and his wife Ruth, March 2.

For your info - - -



Gosh, Audrey,
you know I don't
care if you're a
Republican or
a Democrat . . .
Just voting is
the important
thing!

Human Relations Council seeks issues, members

Does the exchange carry reading material and grooming products preferred by your ethnic group?

Do you feel you are getting the guidance and information you need to make career decisions?

Is this command responsive to the needs of your peer group?

If you find yourself answering "no" to any of these questions, you should know about the Human Relations Council, which is responsible for providing a vehicle of communication in the command regarding these and similar problems.

The council is charged to identify problem areas and then assist the command in seeking solutions to those problems. However, if perceived problems are not brought to the council's attention by members of the command, the solution stage is never reached and the problem persists. Any council member may be contacted by any member of the command regarding a potential problem.

Membership on the council is voluntary and subject to the approval of the council, its chairman, and finally, the commanding officer. Anyone wishing to serve on the council should contact Mr. Weldon Miles at Ext. 2554, or Captain William Clayton, Ext. 2441—or, any other council member. In order to function properly, the council requires membership from a cross section of the command.

Present members of the council are: Captain W.E. Clayton, Chairperson; Commanders M. Moy and M. Hary, Lieutenant Jean Allen; Lieutenants (junior grade) Louie, D. Manson, M. DiLorenzo; Senior Master Chiefs J. Price and A. Marum; Hospital Corpsman Second Class M. Martinez; Hospitalman Steven Boone; Mr. Edna Hudson; Mr. Weldon Miles; Ms. Sylvia Kaiser and Mrs. Shirley Mason.

Several moves, changes underway

"The only thing permanent about life is change." And, at Oak Knoll, there are several changes in progress or recently completed. They include:

- Removal of the old World War II deteriorating gate house at the Mountain Boulevard entrance. The wooden guard shack is being replaced by a glassed brick building which will conform to the one already existing at the Keller Avenue gate. In addition to presenting a more attractive entrance, the new building will better protect those on guard duty from the elements. Rains have delayed completion, but the best guess is that it will be finished before the end of the month.

- A couple of weeks ago, the office of the Disability Counselor was moved to the fifth deck of Bldg. 500.

- At the same time, Decedent Affairs/Birth Registry moved from the third floor of the same building to the second deck in the Patient Affairs complex.

- Meanwhile the Personnel Support Activity Detachment, Oakland (referred to as the "PASS office") has moved to Bldg. 105 from its former complex on the third floor, Bldg. 500. PASS is responsible for the receipt and transfer of all active duty Navy personnel staff, students and patients. It will continue to maintain service records; process identification cards, orders, and advancement examinations, and effect promotions. The PASS Military Pay Branch also maintains the pay records and processes all military pay.

- Remaining in Bldg. 500 are personnel of the Military Manpower Service, and the Career Counselor. TAD, leave and detailing matters will continue to be handled at this office.

- As soon as phones have been transferred, all the administrative offices of Operating Management will move into spaces formerly occupied by PASS. For the time being, Central Duplicating will remain in Bldg. 73C, where Security and Archives will also stay.

Previously publicized have been the recent moves of Special Chemistry/Clinical Toxicology Section of Laboratory Service back to Bldg. 500, and the move from that building of Alcohol Rehabilitation Service to Bldg. 70B.

Chaplain's corner: *The man who didn't give up*

By Captain Owen A. Hardage, CHC, USN

A young man entered business, failed, and spent 17 years of his life paying the bad debts of a worthless partner.

He was in love with a beautiful young woman to whom he became engaged, then she died.

He ran for the legislature of his state and was badly defeated.

He ran for Congress and again was badly defeated.

He then sought an appointment to a government office and was refused.

He ran for the United States Senate and was badly defeated.

He then ran for vice-president of the United States, with the same result.

One failure after another was the story of his life, but he kept on trying. Then

the tide began to turn and he became one of the greatest men of the United States. This man was Abraham Lincoln.

This man never gave up when things were not going his way, because he had faith, not in himself, but in God, and the right that comes from Him.

"Let us have faith that right makes might, and in that faith let us to the end dare to do our duty as we understand it."

If our nation is to be served adequately in this day it must also have men who believe in it as a nation "under God," daring to do what needs to be done to preserve that position "under God."

Something new under the May 1 sun: Zip codes for ships

Navy ships have been assigned new zip codes. This change to the Navy Postal System—the most extensive since currently used zip codes were introduced in 1965—will take effect May 1.

Fifty-two ships with crews of 750 or more have been assigned individual zip codes. Smaller ships have been assigned zip codes with the respective fleet post offices based on the first letter of the ship's name or last name of ships named for people. (Example: The zip code assigned to USS JOHN KING is a zip from FPO New York assigned to ships whose names begin with the letter "K.")

The newly assigned zip codes are detailed in OPNAVNOTE 5110 of Feb. 13, currently being printed and distributed. All hands are encouraged to let people with whom they correspond know of their new zip code and the date it goes into use (May 1).

Individual ships receiving their own zip codes include 12 aircraft carriers (CV), two amphibious command ships (LCC), seven amphibious assault ships (LPH), five general purpose assault ships (LHA), seven destroyer tenders (AD), and one training aircraft carrier (AVT). In addition, the aircraft carrier SARATOGA will have

an FPO New York "S" zip code while undergoing overhaul in Philadelphia and will be assigned a permanent individual zip code when it returns to fleet.

Mail will be routed via 188 zip codes through four fleet post offices to ships and overseas activities.

This system is designed to improve the Military Postal System, integrating more fully with the United States Postal Service (USPS) which now processes mail by zip codes.

Clerk-typist needed by administration

Applications will be taken through Monday (March 17) for the job of Clerk-Typist, GS-4, in Administrative Services at Oak Knoll.

The person selected will provide clerical support by preparing correspondence, receiving and distributing mail and maintaining suspense files.

For additional information, call Sherry Robinson, 639-2116.

--and education---

St. Patrick's Day—'a time to wear the green'



Update on Ireland—past, present, future



EDITOR'S NOTE: On St. Patrick's Day, March 17, most Irish-Americans (and some with only the spirit of the Irish) give a "tip of the tin" to the old country, recalling folklore, customs and the beauty of that green island across the sea. Few are aware, however, of the role Irish immigrants played in the history of the United States. Neither are they informed about the latest little happenings over there, other than the continuing political unrest between the north and south. In salute to St. Patrick's Day, Oak Leaf therefore publishes the following brief news notes, compiled from a recent edition of DUCAS, the newsletter of the Irish American Cultural Institute.

Irish contributions to U. S.

No group of immigrants has contributed more to the U. S. than the Irish. Arriving in America more than a 100 years before the Revolutionary War, the Irish were in the forefront of that struggle for independence.

During all dangers, the Secretary of the Continental Congress was Irish-born; so, too, the printer of the Declaration of Independence; so, too, several signers of the Declaration—not to mention those born here of Irish parents. A third of Washington's army was of Irish and Irish-American birth; and, when French help arrived, the first two regiments to land were Dillon's and Walsh's troops of the Irish Brigade in the service of France.

Thus for four centuries Irish-born and Americans of Irish heritage have contributed their lives and their fortunes to the advancement of their adopted country. In war and in peace, in education, law, medicine, the arts, business, government, and amongst the clergy of all denominations, Irish names have been prominent.

Yeats' works in Texas

A treasure-house of literary works by the Irish poet W. B. Yeats has been carted out of Ireland by a wealthy Texas bookdealer who paid tens of thousands of pounds to win the collec-

tion of manuscripts, letters, books and family portraits in a recent auction at Sotheby's in London.

Jewish community alive

An industrious Jewish community is alive and doing well in Dublin even though its numbers have decreased in the last decade to about 2,000.

On a reciprocal basis, Israel's Irish community is ever growing with a reported 100 Irish-Jewish families living in Israel, most of them in the seaside town of Natanya.

Tax low on investments

American companies should not be afraid to invest in Ireland where conditions are conducive to maximum profits, an official of the Irish Amalgamated Transport and General Workers Union told an assembly of U. S. industrialists in Dublin recently.

By 1981, when the manufacturing tax is reduced to 10 percent, taxation on foreign investment in Ireland may well be the lowest in the Western world, the union spokesman added.

Exports up

The increase in Irish exports reached an estimated 15 percent for 1979, following slightly behind the anticipated 18 percent projection previously made. This is attributed partially to a slowdown in the growth of world trade.

Ambitious export targets for 1980 are urged nevertheless. In its recent annual report, *Coras Trachtála* alerted Irish exporters to be prepared for "intensified competition, as sharp and tough as any they have confronted to date."

Shoemakers in a race

Meanwhile, Irish shoe manufacturers are toeing a hard, new line in the race for profits. It is estimated that 80 percent of the shoes worn in Ireland come from abroad. But Irish manufacturers hope to better their cut by increasing exports as well as through a new government restriction on cheap footwear from Korea.

The award for this year's best-designed Irish shoe, announced at a

recent shoe fair in Dun Laoghaire, went to a Kilkenny firm which also manufactures *Wallabees*, a favorite with President Jimmy Carter. The winning shoe will appear in Irish shops soon, retailing at just under 20 pounds. It is expected to be a major export earner with annual orders for 60,000 pair, worth about 750,000 pounds at current prices.

Last two winters cruel

The past two winters have been particularly cruel ones in Ireland. They were colder than usual and plagued still further by a lack of vital services. The tragic results were reported widely by the Dublin press. An old woman was found dead in a rat-infested basement which had no heat, no cooking facilities. Others perished on the street, even in reasonably comfortable surroundings because they lacked turf to keep them warm.

The homeless and the drifters prowled the streets in search of doss houses and food centers. The chronically ill, suffering from maladies such as bronchitis, emphysema, alcoholism and acute depression—and lacking medical cards and the knowledge of how to get them—went without proper medical care as well as food and shelter.

Bad as it was, somebody was noticing. And doing something about it. Free clinics have been opened for drop-in visits and a doctor-nurse team makes the rounds of hostels and other neighborhood dwellings where people need medical aid. Volunteers are also providing short-cuts through the red tape of social service and government agencies so that people can get glasses or a prescription when they need it—not weeks or months later.

... The whole truth... April Fool—Count noses!

What's green and white, asks 33 questions, and seems a bit on the nosey side?

If you answered, "The 1980 Military Census Report" you'd be correct.

On C-Day 1980 the Bureau of the Census hopes to count every American. The nose-counting census is required to be taken every 10 years.

While most Americans will receive their census questionnaires through the mail, there are some special rules for members of the Armed Forces and their dependents.

If you are stationed overseas on April 1, the official census day, then you will just be a number in a body count that the Department of Defense will give to the Bureau of the Census.

While details are still being worked out, the Bureau also expects to use the same system to count the Department of Defense civilian employees overseas as well as all dependents.

If you are a servicemember stationed in one of the 50 states or the District of Columbia, you will be given a copy of the Military Census Report by the installation project officer.

Service families living in government quarters will receive their census forms through the mails, as will those service families living off base.

And, if you're assigned to a ship on the day that Americans will be counted, then you will be given a Shipboard Census Report by the ship's project

Chinese tree transplanted

Because it reportedly combines valuable medicinal properties with beauty, the exotic Ginkgo Biloba tree of China—also called the Maidenhair Tree—will soon be gracing Irish soil.

Not only will the Chinese export contribute to research and help beautify the Irish countryside, but it will also provide many new jobs in the pharmaceutical industry. Already a new factory on a six-acre site at Little Island, County Cork, is being built for this purpose. Located on an IDA industrial site, the new plant will employ at least 50 people at the outset.

New nurseries are also sprouting up as an outgrowth, adding new income for farmers as well. Experts think that the plantations will thrive in Irish soil and climatic conditions.

Site of Irish power

Dublin Castle, once the chief citadel of British power in Ireland, is now a citadel of quite a different source of influence. Irish influence in Western Europe—and the world—is on the upward climb and nowhere is it felt more keenly than in the magnificent old castle.

When the Chairmanship of the European Economic Community rotated last year to Ireland for the second time since its entry in 1973, Dublin Castle again became the site for all high-level EEC meetings.

Dublin Castle and Hall are also the site for other distinguished Irish functions nowadays. Presidential Inaugurations are held there as well as ceremonies honoring outstanding Irish citizens. VIPs from other nations—including the late President John F. Kennedy—have been feted in Dublin castle while visiting Ireland.

officer.

Finally, if you are in transit to a new installation on that day, you will be counted by the unit that still has control of you on April 1.

Census Report

By law many things depend on the census reports that are issued after the nose counting.

One of the requirements met by the census is the reapportionment of seats in the House of Representatives.

In addition, how many residents there are in a city, county, or state is also used when the more than \$50 billion of federal funds are distributed each year.

A small army of census takers will check on forms that are not returned and will collect forms from some of the outlying areas of the country. In addition, these census enumerators will be on hand on T-Day, the night before the actual census, to count the number of people staying in hotels, motels, camp grounds, and migrant labor camps.

There's even a M-Night scheduled to count those who make the missions and flop-houses of large cities their home.

When you receive your census form, answer all the questions fully and truthfully.

The law provides for full confidentiality on all census reports, and answering the questions is mandatory. (AFPS)

75 take medical boards here

Approximately 75 military and civilian medical interns reported for the third and final part of the Intern's National Board Examination held in Bldg. 75 here March 5.

The examination presents basic standard tests of competency to physicians. Most states will accept national board credentials as a basis of certification of licensing.

Thirty of the interns were from Oak Knoll: Lieutenants Bryan O. Barnett, Harry M. Brammer III, Daniel C. Brooke, David R. Brown, David D. Cornwall, Thomas B. Curtis, Clyde J. Faucett Jr., Robert E. Ford, Gail M. Gullickson and John L. Haller.

Also Lieutenants Benjamin R. Hasty, Jr., Theodore J. Heyneker, Richard P. Holm, Jace W. Hyder, John A. Jennette, Timothy L. Keenan, Jeffrey A. Kezlarian, Arnold S. Kirshenbaum, Keith J. Lee, and Gregory Marchand.

And Lieutenants James P. Moon, Gerald E. Nelson, Victor V. Sharpe III, William R. C. Stewart III, Robert J. Swan, William H. Taylor, Mark A. Terry, Richard J. Thomas, Kyong T. Turk and Mark A. Wineinger.

Naval Regional Medical Center, Oakland was selected this year as an area testing center.

Medical seminar slated for April

An Operational Medicine Seminar will be held Thursday through Saturday, April 10-12, at Naval Regional Medical Center's Officers' Club.

The seminar is mandatory for all interns and Dental General Practice Residents (GPRs). Interested staff members and residents are invited to attend.

Sessions will be held from 8 a.m. to 5 p.m. on Thursday and Friday and from 8 a.m. until noon on Saturday.

Interns and GPRs will be excused from daily duties—but will be required to stand evening watches.

Course material to be presented over the three day schedule includes: Alcohol and Drug Abuse; Administrative and Personal Matters; Dentistry; Military Psychiatry; Preventive Medicine and Occupational and Environmental Health.

An examination will be given at the close of the seminar on Saturday.

NRMCO's Emergency Room

'Helping people is what this place is all about.

It's 5:30 in the morning—a time when people in most normal occupations should be rolling over for at least another hour's sleep in the warm, snug confines of their beds.

For the emergency room technician, however, the day is just beginning as the rude alarm of the bedside clock spurs him to his feet. Time to get ready for another day at what could conceivably be the hospital's most demanding and rewarding service.

Driving to work, the corpsman mentally runs through a list of equipment and supplies he must thoroughly check as his crew assumes responsibilities from the previous shift. EKG machine, oxygen tanks, needles and syringes, suture materials, etc., but he doesn't really worry about it. He's done it so

many times it's grown to be second nature.

The smiling faces of the night crew greet him as he walks in the door. They're smiling because they know that in a very short while they'll be off duty until later again tonight. However, they're also smiling because of the personal and professional satisfaction derived as a direct result of where they work—the Oakland Naval Regional Medical Center Emergency Room (ER).

It could well be a very busy shift. Physicians, nurses and corpsmen evaluate and treat an average of 1,500 patients per month in the emergency room.

Yes, there are those times when the cold, sniffles-and-sore throat patient complaints do seem to outnumber the

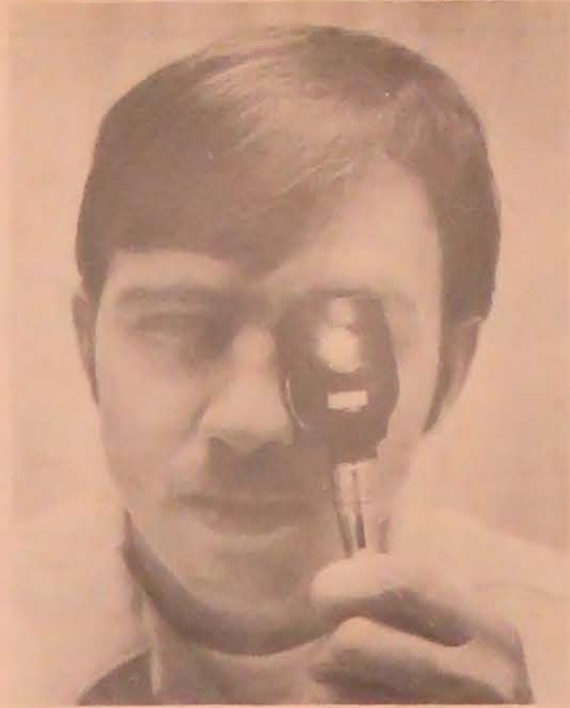
more serious, often life-threatening cases that arrive at the ER, but they're all handled with the same degree of efficiency and professional, definitive care due to any patient. Lieutenant Commander Robert B. Daggett, Medical Corps, who is ER staff physician and Director of Outpatient and Emergency Services, explains that "It's largely a problem of patient education as to what constitutes an emergency."

Common problem

Indeed, this problem is common to many emergency rooms—military and civilian alike. Patients that should be taking advantage of hospital health care services designed for routine problems instead often unintentionally misuse the 24-hour-a-day service emergency rooms offer. Many persons

mistakenly assume they will be seen and treated much faster than if they rely upon the hospital's clinics and appointment system. Alas, this is usually not the case. People reporting to the emergency room are evaluated and treated not on a first-come, first-serve basis, but according to the severity of the problem presented. Consequently, a person reporting to the ER for treatment of a simple cold (or other minor problem) at the time when the staff has its hands full with one emergency case after another might well end up waiting longer to be seen by a physician than if he or she sought treatment from one of the hospital clinics designed especially for routine medical needs.

But then again, maybe it won't be one of those days.



seeing them leave alive after arriving in critical shape'

The rewards

Asking any ER staff members what gives him the greatest satisfaction is like asking the entire group at once because their answers are so similar. "The greatest satisfaction comes from helping people," says Hospital Corpsman Second Class Lee Brooks, adding, "We help to pull people thru some tough times—but you can't treat just the patient. Psychological support is given the family as well as the patient, in addition to his or her immediate medical needs."

Hospital Corpsman Third Class Donald G. Brittain, Sr., concurs as he declares, "Helping people is what this place is all about. . . seeing someone leave here alive after arriving at the ER in critical condition."

For Lieutenant Commander Larry L. Leiter, Nurse Corps, it's "a sense of accomplishment. You see more immediate results versus that of the long-term, chronic patient."

Improving skills

One of Dr. Daggett's goals is improved continuing education in emergency medicine for his staff. "The standard of patient care here meets or exceeds that which you'd find in the civilian community," he says with pride.

Just last year Dr. Daggett, with the assistance of his wife, Luann Daggett, RN, and Lieutenant Paul J. Reilly, Medi-

cal Corps, completed an Emergency Department Utilization Study which pointed out, among other things, the various types of medical problems presented to the ER staff. Armed with this information, a staff testing program was instituted to determine any areas of relative deficiency, and an ongoing in-service training program expanded to improve knowledge in weak areas.

In the rare periods when the ER is not busy, the opportunity is used to prepare the staff for when it does get hectic. In-service training programs, advanced cardiac life support (ACLS) classes, cardiopulmonary resuscitation (CPR) seminars, and study for certification and recertification manage to keep them occupied improving their skills. Lieutenant Commander Marcia J. Sherard, Nurse Corps, states, "We have a highly qualified staff with a number of them having come from other critical

care areas of the hospital. All of our corpstaff are CPR-certified and are Emergency Medical Technicians. Of the entire staff, almost 50 percent have ACLS training."

At day's end

As the end of the shift draws near, our corpsman makes a mental note of how the day has gone: several cardiac patients seen; numerous strains and sprains bandaged; seemingly hundreds of sutures sewn and other removed, with the entire crew also at one time or another, acting as traffic patrolmen, directing what seemed to be the entire East Bay population, to the appropriate department or clinic.

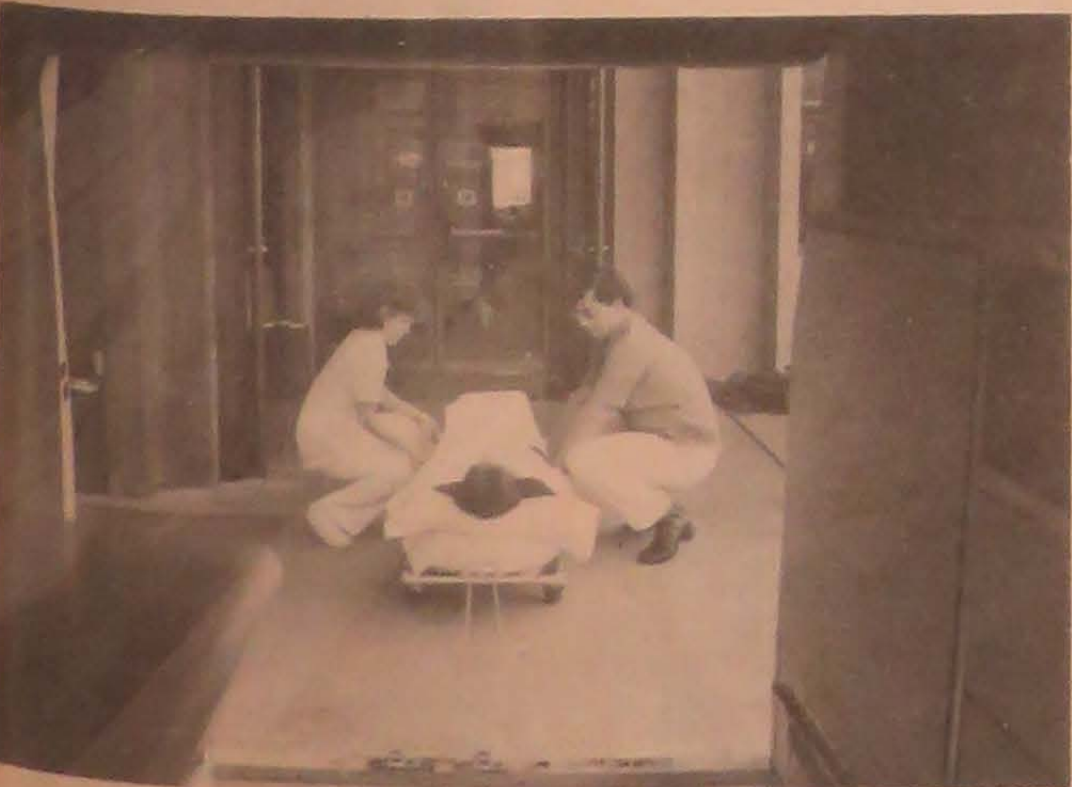
But the real clincher comes as he prepares to head for the door and his car. It's then that a patient walks up to the desk and says, "Excuse me, but I've had this terrible cold now for about four days. Can you help me?"



Photos and story

by

David W. Hershenzon



People make news ---

Nurse in spotlight

From West Germany to NRMCO via USAF

During World War II, his German father marched all the way to Moscow and back, so when his son thought of enlisting in the U. S. military forces, the former German soldier advised, "Join the Air Force. At least you can retreat with dignity. They fly back."

So Christoph H. E. R. Weigt immigrated to the United States of America in 1965 from West Germany and entered the U. S. Air Force as an aircraft mechanic to work on cargo and fighter aircraft. Later he flew as a flight mechanic on C-121 and C-47 cargo planes and was assigned to such bases as Wheelus Air Base, Tripoli, North Africa; Iceland; Clark Air Base, P. I.; Udorn, Thailand, and at his last station, Peterson Air Force Base, Colorado Springs, Colo.

Lieutenant (junior grade) Weigt became interested in medicine through a buddy who was an Air Force medic. He chose Navy nursing because of better educational opportunities, and trained at Bethel School of Nursing in Colorado Springs from 1974 to 1977.

On March 1978 he reported to Naval Regional Medical Center Oakland and was assigned to wards on 6 West. Earlier this year he was



LTJG Christoph Weigt

transferred to the Emergency Room, his present work site.

He is also studying under a Columbia College program, and plans on applying to the Navy Nurse Anesthetist program as soon as he completes an overseas tour of duty (and he hopes it will be either Australia or Alaska).

Lieutenant Weigt and his wife Shaunee Kay are the parents of a daughter, Amanda Sue.

All of the male members of his German family have served the military, both in World Wars I and II.

----Comings and Goings--

"Fair winds and following seas" to recently detached:

Hospital Corpsman First Class Carl T. Inglehart, Jr., formerly of X-ray, transferred to Fleet Reserve.

Lieutenant Paul Reilly, Medical Corps, Emergency Room, to USS RANGER.

Lieutenant Linda Atkinson, Nurse Corps, to California State University, Los Angeles.

Mess Management Specialist First Class Rodolfo Vidal, Operating Management, transferred to Fleet Reserve.

Lieutenant Commander William MacNew, Medical Corps, to Pensacola.

Lieutenant (junior grade) Theresa Messenger, Nurse Corps, to Philadelphia.

Yeoman Third Class Mike Brown, PASS Office, released from active duty.

Chief Quartermaster Laurance O'Connell, Operating Management, transferred to Fleet Reserve.

Lieutenant Commander William MacNew, Medical Corps, to Pensacola.

Lieutenant (junior grade) Theresa Messenger, Nurse Corps, to Philadelphia.

Yeoman Third Class Mike Brown, PASS Office, released from active duty.

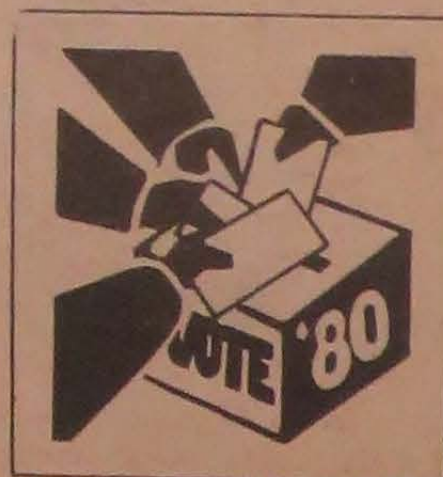
"Welcome aboard" to newly arrived:

Nurse Corps officers Lieutenant Virginia Knauer, and **Lieutenants (junior grade) Christina Castellanos and Elizabeth Newsom**.

Lieutenant Antonia Chalmers, Medical Corps, Neurology.

Lieutenant Gordon Poppell, Medical Service Corps, Preventive Medicine Service.

Ensign James Zurbach, Clinical Clerk.



Kudos...

PROMOTIONS

To Lieutenant (junior grade) Adrienne Ayers, Nurse Corps.

To Hospital Corpsman Second Gregory S. Leavitt, Military Management Service.

LETTERS OF COMMENDATION

Lieutenant Melodie Tyler, Nurse Corps.

Hospital Corpsman Third Kathleen Pussehl, Nursing Service, detached.

Hospital Corpsman Second William Brooks, Outpatient Service.

LETTERS OF APPRECIATION

Lieutenant Linda Atkinson, Nurse Corps, detached.

Mess Management Specialist Class Rodolfo Vidal, Operating Management, now detached.

Hospital Corpsman Third Karen Flesch, Anesthesiology Service.

GOOD CONDUCT AWARDS

Hospital Corpsman Second Michael Billie McClure, Respiratory Therapy.

Hospital Corpsman Third Thomas Michel Dougherty, Staff Call.

Legal clerk retires after 31 +

About 125 of her coworkers and friends will join at the Officers' Club tonight to honor Mrs. Anna Mae ("Nancy") Taylor, retiring legal clerk in the office of the Staff Judge Advocate.

Mrs. Taylor completed more than 31 years of government service today, 24



Nancy Taylor

of those years spent right here at Oak Knoll.

"(I'm) retiring to be able to do what I want—when I want to—no living by the clock," she said.

Nancy first began her federal career at Keesler Air Force Base, Biloxi, Miss., in 1941. Other service has been with the Army District Engineer in New York City, the Veterans' Administration in Biloxi, the Coast Guard in New Orleans, and the Army Engineers in Galveston, Tex. She came to Oak Knoll in 1956, was a "roving" secretary for more than four years, and Orthopedic Service secretary for an equal time before joining the Legal Office.

Now living in San Lorenzo, she and her husband Forest will move next month to her hometown Gulf Coast city of Biloxi. They are parents of four sons—Terrence, Gerard ("Rod"), John and Richard.

Nancy has two sisters, two brothers, a mother and other relatives who still live in Biloxi. Her husband's relatives make their home not too far away in Mobile, Ala.

NEW STAFF OFFICER—Newly reporting to Naval Regional Medical Center Oakland is Medical Service Corps Lieutenant Gordon H. Poppell, who has been assigned as operations officer for Preventive Medicine Service. He has 14 years' Navy service, including duty as Environmental Health Officer at Twenty-nine Palms, Calif., and as Venereal Disease Control Officer, Subic Bay, P. I., as well as seven years enlisted duty as a corpsman. The Jacksonville, Fla. man holds a bachelor's degree in environmental health, enjoys hobbies of flying, photography and sail planes (soaring). He, his wife Dayle and two children are making their home at Hamilton Air Force Base.



WELCOME BACK—Lieutenant Commander John D. DeLaughter, now officer in charge of the Alameda Branch Clinic, is no stranger to Naval Regional Medical Center Oakland where just a few years ago he was Chief of Recreational Services and later Chief of Operating Management. Commander DeLaughter reported to Alameda on Feb. 1, following the retirement of Commander F.D. Gillespie, the clinic's former officer in charge. The OIC who has 29 years' service arrived here from Pearl Harbor where he was Director of Administrative Services for Naval Regional Dental Services and Pacific Fleet Dental Administrator. He and his family are making their home in San Lorenzo. "After six years in the San Francisco Bay Area is home to me," he said.

With the family ---

Community ties determine voting residence

The question "Where do you live when it comes to voting?" may be difficult to answer.

When a person is physically living at his or her voting residence there are usually no problems.

However, when a person is in the military or otherwise away from the

"voting residence," then the basic test of physical presence cannot be used.

Instead, questions regarding a person's ties to a particular community must be asked and answered.

It's these ties, depending upon their nature and strength, which will determine a person's "voting residence."

In many cases members of the Armed Forces and their spouses have the advantage of being able to select their voting residence from among the various places they have lived or where they are presently living.

Answers to the following questions will be helpful in determining a person's "voting residence" —

Members of the Armed Forces

- Where is your official home of record?
- Did you establish a new residence after entering the Army Forces?
- Do you own property in a state; if so where?
- Did you register to vote before coming in the service? Where?
- Where did you last vote?
- Do your children go to a state college as "in-state" students?
- To which state do you pay income tax?
- In which state is your automobile registered? Your driver's license issued?

Spouses and dependents

More difficult questions may arise when the voter is the spouse or dependent of a member of the Armed Forces.

The tradition in the United States has been that children take the residence of their parents and that the wife takes the residence of her husband.

Although this tradition has given way in recent years to adulthood of 18-year-old dependents and equality be-

tween the sexes, these traditions still provide an accepted norm for fixing the voting residence of a child or spouse.

Nevertheless, if they have sufficient contacts with another community a child may have a different voting residence than the parents and a wife may have a different voting residence than her husband.

Members of the Armed Forces and their spouses and dependents may also take as their voting residence the state in which they are currently living if they so choose—even if they are living on a military base.

Word of Caution

Caution should be exercised in choosing a voting residence.

Income tax liability, the right to attend state universities as an "in-state" student, and other obligations and privileges affect this selection.

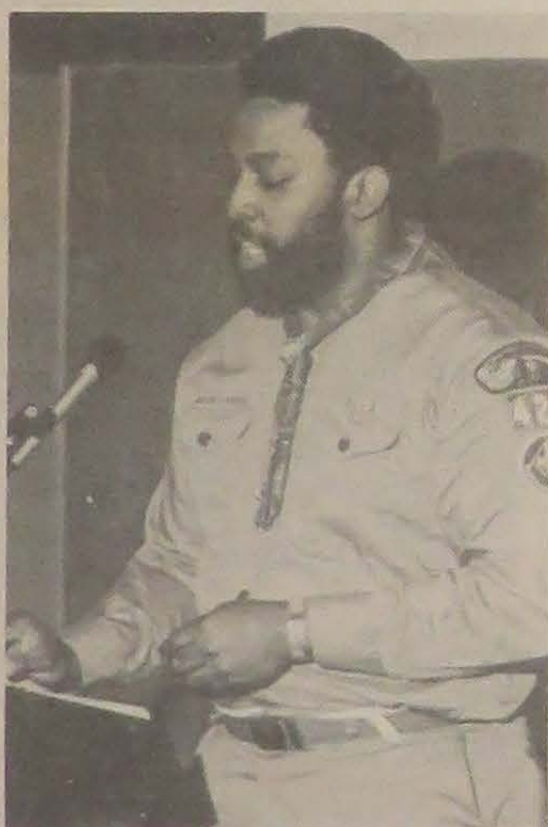
Individuals should check with their legal officer or civilian counsel before making this decision.

Questions pertaining to selecting your voting residence should be addressed to your voting assistance office or legal affairs office.

However, questions on this subject and other phases of voting may also be sent or telephoned to the following office: **Federal Voting Assistance Program, Pentagon, Washington, D.C. 20301; Tel: Autovon 224-4928/4960, Commercial (202) 694-4928/4960. (AFPS)**



BUFFET—A few of the attendees at the recent Boy Scout Blue and Gold Banquet were caught by the camera as they lined up at the buffet table. The gentleman in glasses, left foreground, is Mr. Morty Risch, Boy Scout District representative, who presented the charter to Oak Knoll's Pack 428.



SPEAKERS—Among those speaking were Lieutenant Earl Martin, at left, who is Scoutmaster for Pack No. 428, and Hospital Corpsman First Class Joe Adams (right), Webelos den leader. About 75 persons attended the event which was held in the main hospital dining room.



SPONSOR AND SCOUTS—Rear Admiral Walter M. Lonergan, Commanding Officer, discusses pack business with a few of the scouts who attended the Blue and Gold dinner.

Navy Relief Society sponsored

New student loan program a help for dependents

The Navy Relief Society has introduced a new Guaranteed Student Loan (GSL) Program aimed at greater response to the needs of Navy and Marine dependent children for the 1980/81 school year and beyond.

Through this new program, the Navy Relief Society is able to sponsor the availability of substantially more student loan dollars—for more students—than could be financed directly from Navy Relief Society funds, thus keeping up with the rise in college costs.

Are your dependents eligible? Financial need is presumed, therefore eligibility is based on two requirements. The applicant must be a U. S. citizen as well as a dependent child, stepchild or legally adopted child of one of the following:

- An active or retired member of the regular Navy or Marine Corps.
- A member of the Navy or Marine Corps Reserves on continuous active duty.
- A deceased member from one of the above categories of personnel.
- Be enrolled (or accepted for enrollment) in a U. S. Office of Education qualified school.

Schools covered under GSL

Under the GSL program, students may attend any post-secondary institution approved by the U. S. Office of Education—two-and-four-year colleges, graduate and professional schools, certain vocational institutions and nursing schools throughout the United States, and some educational institutions outside the United States. Educational costs covered include: tuition and fees, room and board, books and supplies, personal needs and transportation.

The maximum loan is \$2,500 for a year, and a total of \$7,500 for undergraduate study as a full-time student. Additionally, students in graduate or professional schools may borrow up to \$5,000 per year. The maximum that can be borrowed by any student for a combination of undergraduate and graduate study is \$15,000.

For details and applications, call or write Navy Relief Society, 801 North Randolph Street, Suite 1228, Arlington, Va. 22203, (202) 696-4960/4925, or AUTOVON 226-4960/4925.

Error: Grade not age

In the Feb. 29 story on the Fleet Reserve Association's Americanism Essay Contest, there was an error in that entries are solicited from school children in the 8th through the 12th **grade**, and not from youngsters 8 to 12 years of age as erroneously published.

The contest features the theme, "Duty, Honor and Country." Entries must be postmarked no later than March 31.

For complete information, call Mr. H. R. McNichol, (415) 276-6080.

Speaking of health care

Issue, effective, expiration

How to solve the CHAMPUS 'date' puzzle

Many CHAMPUS users make mistakes in filling out a portion of the CHAMPUS claim form that requests three separate dates in one block—"issue date," "effective date" and "expiration date."

Using the wrong dates or getting them in the wrong places in that portion of the form (block 5) can delay the processing of a claim by a month or more and requires that the claim be returned for correction.

Each of these dates appear on the dependent ID card and two of them, "issue date" and "expiration date," are on the retiree card.

Following is an explanation of each date and, if it appears on the ID card, where it is located.

Issue Date—The date the ID card was issued to the beneficiary. For dependents, it is on the front of the card in block 2. It's located on the back

of the retiree card.

Effective Date—Probably the date that causes the most confusion is the date the beneficiary became eligible for CHAMPUS benefits. This date appears in block 15b on the back of the dependent ID card. In the case of retirees, the "effective date" is the date of retirement or Jan. 1, 1967, whichever is later. An "effective date" block does not appear on the retiree

card but the information is required on the claim form.

Expiration Date—The date by which the card is no longer valid is located in block 3 on the front of the dependent ID card and is also on the front of the retiree card. Some retiree cards have the term INDEFINITE (abbreviation of "indefinite") in block 3. In those cases, the retiree should enter that term in the expiration date portion of the CHAMPUS claim form.

Extra care urged in opening water, saline solution flasks

Both the Pharmacy Service and Safety Office have issued recent warnings to all health care personnel at this facility of possible danger in opening sterile water and saline solution bottles with a disposable, pliable rubber or plastic pull-on/off lid.

If these glass flasks are opened in an inverted (at any angle) position, the bottle has been known to explode, causing possible injury from flying glass.

Apparently the pliable rubber closures allow air to escape during sterilization and then seal as the solution cools. A partial vacuum is then drawn. When the bottle is tipped upside down, the liquid covers the closure, and when the lid is

removed in this position, atmospheric pressure pushes the fluid through the vacuum and up against the bottom, with enough force to break the flask.

All bottles in stock are now being affixed with a warning label.

The correct opening procedure for a glass sterile fluid flask with either a disposable or reusable closure is:

- Hold the flask upright. Do NOT open a flask while it is tilted or inverted.
- Use caution when opening these flasks. Remove closure slowly. When possible, do not open in congested areas or near patients.
- Place the bottle in a sink while opening as an additional safeguard.

With proper care, everyone's teeth should last a lifetime

Despite modern knowledge, dental disease continues to afflict nearly everyone. It has been estimated that about 97 percent of the population in the United States suffers from dental decay or diseases of the gums and other supporting tissues of the teeth. Yet dentists feel that most tooth loss and most dental diseases can be stopped before they start. This is the first in a series of articles presented in the interest of dental health.

Loss of teeth spelled death

In primitive societies, the loss of a man's teeth doomed him to an early death from malnutrition. While it was rarely possible for him to survive without his teeth, man began to look upon the early loss of his teeth as desirable because of the pain and sickness he often associated with them. Only in recent times has man considered his teeth essential to good health. Until the major epidemics were brought under some measure of control, man had too many other things to worry about. Why should he have been concerned about keeping his teeth when his life expectancy was only 35 or 40 years? Now, the average man will live to be 72 years of age, and in his seventies he will continue to need his natural teeth.

Still, we find many people today who would rather have their teeth removed and replaced by dentures. "Why put up with all those dental problems when false teeth work just as well?" they ask. They don't realize that the best dentures in the world are poor substitutes for the teeth nature gave us.

Millions are dental cripples

Nevertheless, about one American in eight has lost all his teeth, which means that about 25 million people in this country are dental cripples. This is not to mention the millions who have lost some of their teeth from tooth decay and gum disease and will soon lose more for the same causes.

The tragedy of it all is that such a loss of teeth is unnecessary. Dental science now knows enough about tooth decay and gum disease to prevent most of the disease has already started, early detection and treatment will, in almost all cases, save the afflicted teeth. There are few valid reasons for any man, woman or child in the 1980s to endure the pain and unsightliness of teeth afflicted with decay and gum disease or to require artificial teeth.

This series of articles will explain the nature of some of the more common dental diseases and how they can be prevented or treated. Some preventive measures are carried out by the dentist, but the most important ones are in the hands of the patient, you. The next article will address the causes of tooth decay (NES).

(Compiled by Captain R.R. Ekland, DC, USN, NAVSUBASENLON, Groton, Conn.)

Oh, my aching back!

At 3 p.m., March 21 in the Clinical Assembly, Orthopedics Service presents Stanley V. Paris, RPT, MCSP, NZSP, speaking on "Three Level Intervention of the Lumbar Facet Joint."

The specialist is President of the Institute of Graduate Health Sciences, Atlanta, Georgia.

All interested staff members are invited to attend.

Rx: Drug Notes

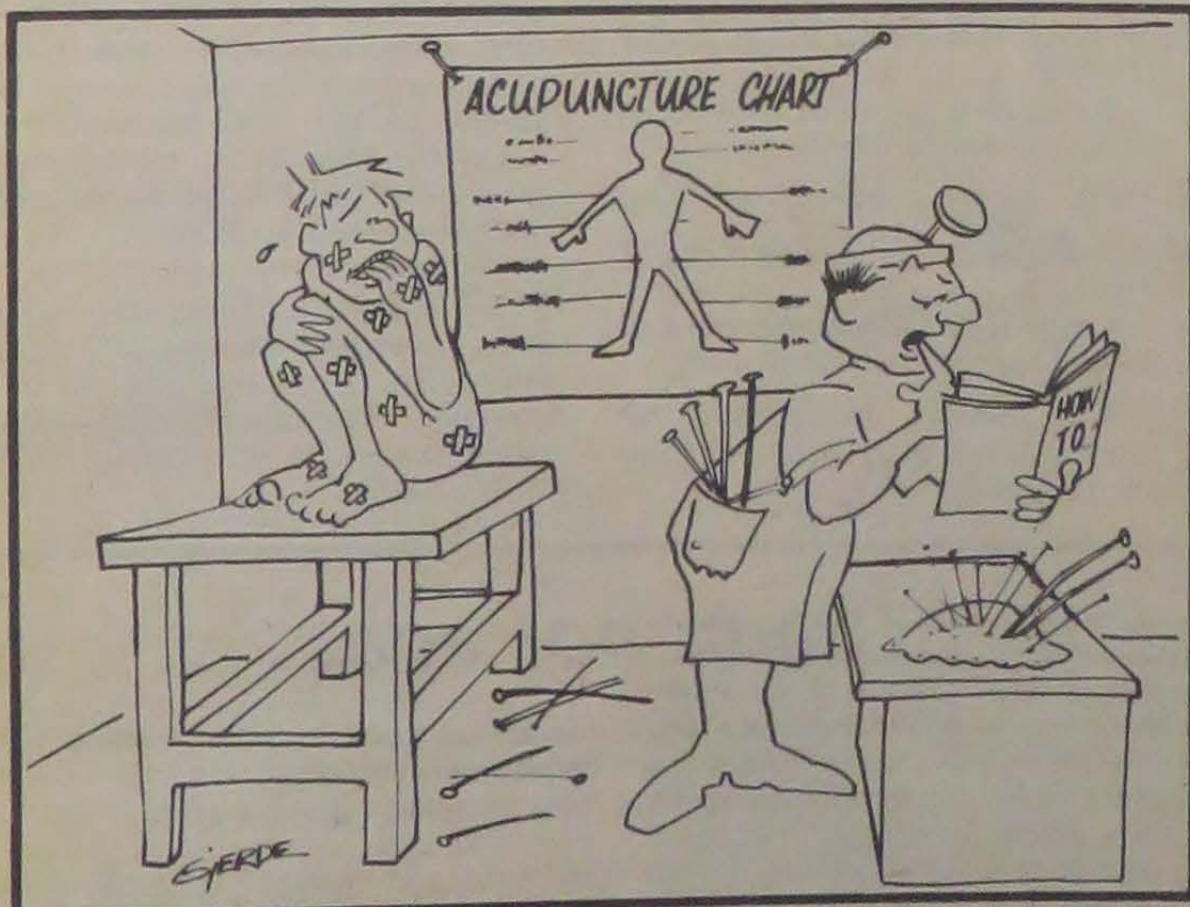
Cannabis, street names "maryjane," "pot," "hash." Obtained from Cannabis sativa plant. Marijuana made from flowering tops and leaves; hashish is dried caked resin produced from female plant.

Use Symptoms: Distortions of sensation and perception, impairment of judgment and memory, confusion, impairment of driving and other skilled performance, anxiety, antisocial behavior, effects on physical functions of body.

Other Indications: Increased heart rate, chest pains associated with poor circulation to heart muscle, interference with lung functions, produces bronchial irritation in habitual users, possible damage to brain, impairment of reproduction function, and possible chromosome abnormalities.

Treatment: No medical treatment necessary for withdrawal. Possible state of anxiety, restlessness, irritability, even depression.

Legal Aspects: Classified as a Schedule I Substance in the Comprehensive Drug Abuse Prevention and Control Act of 1970.



"According to this, it's already taking your mind off the headache!"

A, B, -- or C? Which tire is best for you?

Reading the information on the sidewall of a tire may never become a popular pastime, but it is one that can make you a better consumer.

In fact, it could save you gas and maybe even your life.

Starting on April 1 of this year, every tire sold in the United States will have to give its life history to the buyer. The information will be molded into the sidewall of some tires, while the latest technology to join the group, the radial, will have it pasted on a sticker until the companies have time to change the tire sidewalls.

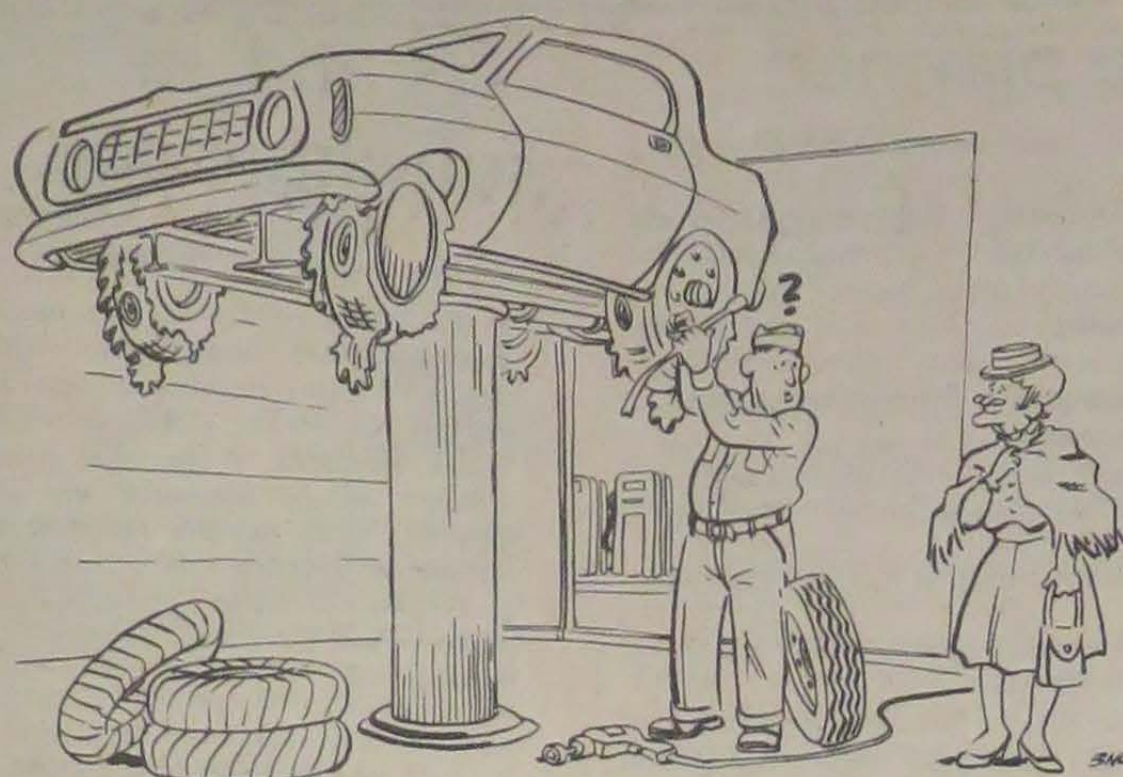
The information that the sidewall must carry will range from the type of tire it is to how much of a load it can safely carry.

This information is required under a federal law called the Uniform Tire Quality Grading System.

Take the time to learn a little more about it since it makes buying the proper tire as easy as A-B-C.

New information that must be displayed on every tire cover:

- the traction or stopping power of the tire. This will be shown as "A" or "B" or "C." An "A" tire will stop a car faster and in a shorter distance than a "B" or "C" rated tire. Good drivers can safely use the latter; a poor driver who slams the brakes on would need an "A" tire.



- temperature resistance, or how cool a tire will run. Again, "A" is the highest rating and "C" the lowest. If you drive at highway speeds for long distances, get a tire designated as "A." On the other hand, if your car is used mostly to run around the installation, a "C" tire will be more than sufficient.
- treadwear or how long you can

expect a tire to last under normal driving. Here the government changed the type of designation to numerals. A tire that will wear out fastest will carry a number "80" on the sidewall. The higher the number, the greater the mileage a tire should provide when it is properly inflated, has been balanced, and is on a car with proper alignment.

Thus, a tire rated "150" should give 50 percent more miles over the road than one graded "100."

Other information

But that's not the entire story that a tire can tell the buyer.

Every tire must also include the following information molded on the sidewall:

- the size, such as "FR78-14" which shows that it is a radial tire, part of the 78 series, and fits a 14-inch rim,

- the load range the tire can carry safely; this shown as "B," "C," "D," "SL" (Standard Load), and "XL" (Extra Load). The seller will have charts showing the different load the various tires can carry,

- the maximum load and the maximum cold inflation pressure,

- the designation "tubeless" or "tube-type,"

- the letters "M" or "S" or both if the tire meets the definition of a snow or mud tire,

- the tire identification or serial number. When buying a new tire, make certain that the seller records your name, address, and the ID number. This will enable the manufacturer to notify you in case of a recall notice.

So, the next time it's tire-buying time, lay off the television for a few minutes and take the time to read your tire's story. (AFPS)

Sports

MSC advances to finals in 1980 basketball playoffs

By virtue of a 50-31 victory over NP, the MSC basketball team has advanced to the championship game against Medicine (10-0).

Taylor stars

After a slow start in the first half, Taylor came on like "gangbusters" in the second. He connected on seven field goals to go with his two goals of the first half to garner 18 points for a fine night's work.

Tony Carroll also aided his team's cause with 13 points on five field goals and three free throws.

Ben Carey led NP in a losing cause with 12 points.

So! Now as this is being written, the stage is set for the championship game between MSC and Medicine. The two teams met earlier in the season with Medicine victorious by a score of 54-33. MSC says they've improved and will prove to be a worthy opponent for the unbeaten Medicines.

The championship game was scheduled for March 12 at the Oak Knoll gym, too late for this week's edition.

Last week's box score MSC

Player	FG	FT	TP
Geer	0	1	1
Watson	2	0	4
Love	1	0	2
Taylor	9	0	18
Monge	0	0	0
Miller	3	0	6
Carroll	5	3	13
Young	3	0	6
Straley	0	0	0
	23	4	50

Fouled out: None

Player	FG	FT	TP
Thomas	2	0	4
Hanson	1	0	2
Schoner	0	0	0
Lewis	1	0	2
Carey	6	0	12
Izzett	2	1	5
Wood	3	0	6
	15	1	31

Sport talk

By Carol Foley

BASKETBALL

As the buzzer sounded ending the last game of regular basketball competition, the standings were:

MED 10-0
OR 8-2
MSC 5-5
NP 4-6
ENT 3-7
DMO 1-9

Wednesday, Feb. 27, saw MED down NP 75-35. By virtue of 10 field goals and a free throw, Mark Terry added 21 points for MED. Following close behind were Joe Mayo with 17 points and Steve Baez with 16. High score for NP was Rob Izzett with 11 points.

OR defeated MSC 52-36 in a game that held injury for Jeff Swatman, sending him to the bench early in the first half.

OR can attribute 14 points to Dan Castanon's six field goals and two successful free throws. Tom Nagy went to the basket with five field goals and two free throws netting 12 points. Assisting in the scoring with 10 points each were Eric White and Nick Antonoff.

MSC high scorer was Tony Carroll who netted five field goals and two free throws for a total of 12 points.

The schedule for the season will be published later to enable you to participate in supporting our team.

Intramural Slow Pitch Softball is now forming teams. Games will begin in early May.

For more information, contact Ron Brown at Special Services.

GOLF

Rancho Del Ray Golf Club hosted the recent California State Military Golf Championship. There were more than 150 competitors divided into numerous flights. Bringing home first place for his flight was Dr. Dave Roberts. Placing fourth in his flight was Dr. Jim Andrews, and although he didn't place, Colonel Blank sported a well played game.

Attention golfers! NRMCO is forming the 1980 Varsity Golf Team.

Tryouts will be held during the week of March 17-21 at Chabot Golf Course. Register with Bob Pierce at Ext. 2431.

Competition begins in May.

TABLE TENNIS

Mare Island will host a table tennis tournament May 9-10.

For those interested in competing, you may obtain information from Sean Haddix at Ext. 2396.



SLOW PITCH SOFTBALL

The Women's Varsity Slow Pitch Softball for 1980 is under the coaching direction of Don Belt and his assistant, Tony Geer.

Returning for another year of rugged competition are Cindy Feller, Esse Tucker, Sandy Geer, Susan Blankenship, Candi Mullett, Sally Bartlett, Tony Campbell, Sandy Youmatz and Nancy Hoffman.

Joining the force with some heavy artillery are Lori Kempf, Cindy Malva, Mary Buhalog, Terri Kahn, Becky Lind, Rose Percival, Mary Allen and Teresa Arnaunt.

Competition for the 11th Naval District begins in May. In preparation for a well-organized attack, the team is shaping up at the diamond every Monday and Friday.

MOVIES

Friday, March 14
6 p.m.

ANGEL'S BRIGADE—Jack Palance, Jim Backus—Action/PG

Saturday, March 15
2 p.m.

BEARTOOTH—Dub Taylor, Buck Taylor—Drama/G

3:45 p.m.

AVALANCHE—Mia Farrow, Rock Hudson—Drama/PG

Sunday, March 16
6 p.m.

IT SEEMED LIKE A GOOD IDEA AT THE TIME—Anthony Newley, Stephanie Powers—Comedy/PG

Monday, March 17
6 p.m.

GREEK TYCOON—Anthony Quinn, Jacqueline Bisset—Drama/R

Tuesday, March 18
6 p.m.

METEOR—Sean Connery, Natalie Wood—Science Fiction/PG

Wednesday, March 19
6 p.m.

BREAKING AWAY—Dennis Christopher, Dennis Quaid—Comedy/Drama/PG

Thursday, March 20
6 p.m.

LADY IN RED—Louise Fletcher, Robert Conrad—Drama/R

Continued to page 12

Off duty - -

Hearst Castle trip planned

Sure, there's lots to see and do in California—but have you ever tried to plan a sightseeing trip?

Assuming you can get the car ready, plan an itinerary, locate lodging and places to eat, find gasoline and... if the car doesn't break down... you might have a nice time.

Is it really worth all the trouble and expense?

Special Services has an alternative:

A San Simeon tour to the Hearst Castle is planned for the weekend of April 11 and 12. Early reservations for this outing are essential.

The trip provides a low cost opportunity for Oak Knoll's military staff and dependents to spend an enjoyable weekend sightseeing, without the usual inconvenience of driving and making travel arrangements.

The tour bus leaves here at 8 a.m. Saturday morning with a stop planned in Santa Cruz.

Following lunch at Fisherman's Wharf in Monterey, the tour continues along the scenic 17-Mile Drive past Pebble Beach to Carmel.

After a layover for shopping and picture-taking, the bus follows picturesque Coast Highway No. 1 to San Simeon. Overnight lodging will be provided at the Blue Bird Inn.

Sunday's activities include a deluxe three hour tour of the Hearst Castle and lunch and wine tasting at a local winery.

The tour returns here around 7 p.m. Sunday.

The San Simeon package includes cost of bus fare, lodging and the castle tour. Meals are extra.

Prices per person are: \$66.50 for single occupancy; \$49 for double occupancy and \$44 for triple occupancy.

A \$20 deposit is required with reservations and is refundable until March 25.

For more information: call Sally, at Special Services, 639-2479.

Time to order '80 com panels

If you're into stamps, April 15 is the date to remember.

That's the cutoff date for advance subscriptions to the 1980 series of American Commemorative Panels, according to the U. S. Postal Service.

The 1980 series will feature blocks of four mint stamps from all the year's commemorative and Christmas issues. Along with the block you will receive background information and reproductions of the rare engravings used.

Cost of the complete set of fifteen 1980 Commemorative panels will be \$64; subscriptions will also be

accepted for the first eight panels at a cost of \$34.

In line with the president's policy of making the government more responsive to the citizens, the U. S. Postal Service will accept payment by check or money order made out to the U. S. Postal Service, or you can use either VISA or MasterCard cards.

If you're interested, the address is: U. S. Postal Service Commemorative Panel, Subscription Program, Philatelic Customer Service, Washington, D. C. 20265.



St. Pat remembered at officer's club here

The Naval Regional Medical Center Oakland Officers' Club has announced two events for all the eligible lads and lassies who'd like to celebrate Saint Patrick's Day.

Tonight, right after work, there'll be a party with Irish Coffee, green

beer, free hors d'oeuvres and popcorn, served to the tunes of Paul 'n Margie with live music from the olde sod.

From 11:30 a.m. to 1:30 p.m. on Monday, the club features "A Little

Bit of Ireland" lunch, which includes the traditional corned beef, cabbage and boiled potatoes—again with Paul and Margie to liven things up and three pretty colleens to entertain you.

'Spring Fling' at Sea World

San Diego's Sea World is offering special savings to all military personnel and their families during Military Spring Fling March 29 through April 30. Discount coupons worth \$2 off the regular admission price are available at Special Services, Bldg. 38.

With the coupon, adult admission during Military Spring Fling is \$5.95, and children four through 12 will be admitted to the park for \$2.95. Children under four are admitted free.

New for Sea World visitors is a huge whale and dolphin petting pool. Here, guests may pet and feed a killer whale,

pilot whale and dolphins.

Sea World's shark exhibit and research facility, the largest in the world, displays in a 400,000-gallon indoor aquarium a variety of seldom seen shark species. Through panoramic viewing windows, guests may watch the fascinating behaviors of nurse, lemon, brown and bull sharks.

Killer whale star Shamu, performing daily in "Shamu Goes to College," is Sea World's top show attraction. Other shows feature performing dolphins, sea lions, walrus, otters and beluga (white) whales. Thirty educational exhibits, the two-acre Cap'n Kids' World playground and two rides round out the day of family entertainment at Sea World.

Located on Sea World Drive off Interstate 5, this attraction is open daily from 9 a.m. to dusk. Parking is free.

Brisket 'n spuds

There's a bit o' the Irish in all of us—if that wee bit in you is hankerin' for fare with a Gaelic flair—stop by the Porthole on Saint Patty's Day.

A complete corned beef and cabbage dinner, all you can eat for only \$2.95, will be featured Monday evening. Dining starts at 5:30 p.m. and will be followed by dancing to recorded music beginning at 9 p.m.



Qs and As of photo art

By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)



Q: I recently discovered a clear horizontal scratch along the entire length of a roll of film back from the processor. What caused this and how may I remedy it?

A: Sounds like the guilty culprit is inside the camera itself. Open the camera back and carefully look over the film pressure plate for an imbedded piece of dirt or other foreign object. If found, use a clean, soft unstarched loosely wadded t-shirt type material to very gently brush it off. DO NOT use your fingers on the plate as the skin oil from your fingers will subsequently be transferred to the next several rolls of film you shoot. After cleaning, expose a roll of black and white film thru the camera to check the results. If the problem hasn't been corrected then you'll need to take the camera to a repair shop to have the pressure plate repaired or replaced.

Q: I've just bought a 35mm single-lens-reflex camera and certainly want it to last a long time. Any suggestions on DO's and DON'Ts?

A: Gladly. DO read your camera

instruction manual thoroughly. The old adage, "If all else fails, read the instructions!" doesn't work too well for cameras and is sure to turn an expensive new camera into an old broken one in a hurry. DON'T let your camera swing freely from a shoulder strap. Hang it on to it. One good bump against something hard or a drop to the ground could dislodge a lens element and that's a heck of a real bill. DO protect it from the elements with a case. Cameras are rugged but not indestructible. DON'T touch the film pressure plate, shutter curtain (very fragile), reflex viewing mirror, or lens surfaces (glass elements) with your hands or fingers. It's too easy to scratch something off a delicate (and expensive) coating or transfer skin oil. Keep a clear HAZE or ultraviolet (UV) filter over the front element of each lens you purchase to protect it. It's cheap insurance and less costly to replace a damaged filter than a lens. And lastly, enjoy your new camera. Photography can be a lot of fun.

Polynesian dance lessons offered

Raymoke Engler, performer with Moemoea Polynesia, will teach classes in Polynesian Dancing at Ft. Mason this month.

Classes for children (ages 5 through 12) will be held on Tuesdays and Thursdays at 4 p.m. and will include

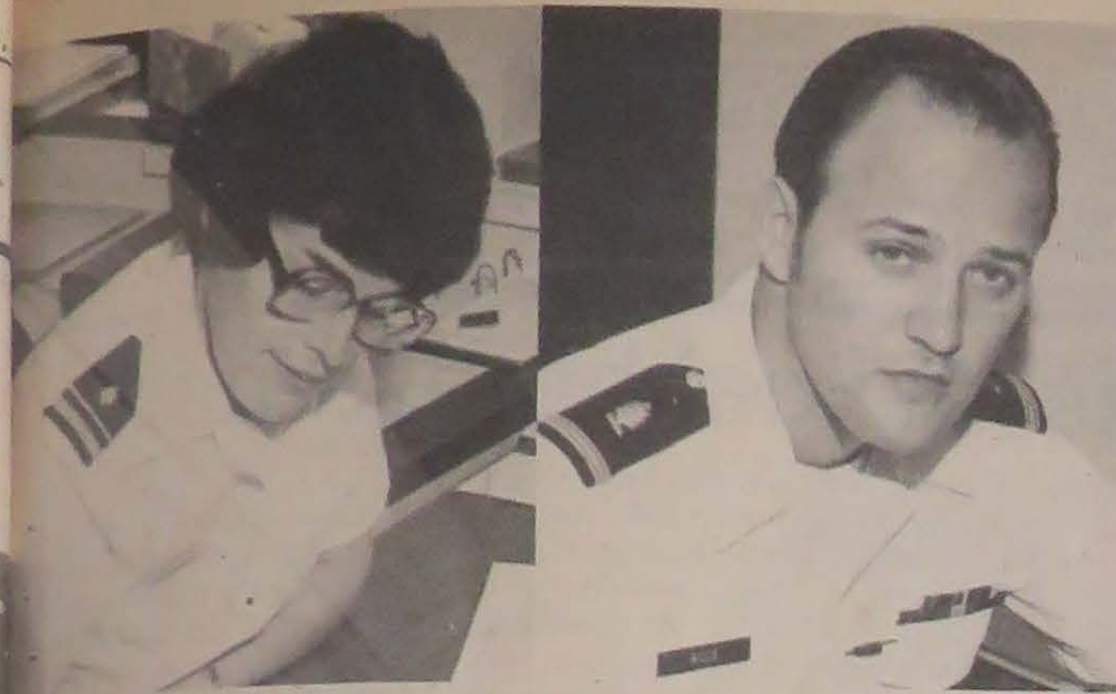
traditional songs and games of various island cultures.

The teen and adult class will meet Saturday afternoons from 1:30 to 3:30 p.m.


For more information, call Central YMCA at 885-0460.

Movies (continued from page 11)

Friday, March 21 6 p.m.	Monday, March 24 6 p.m.
AMERICATHON—John Ritter, Harvey Korman—Comedy/PG	BEN HUR—Charlton Heston—Drama/G
Saturday, March 22 2 p.m.	Tuesday, March 25 6 p.m.
FREAKY FRIDAY—Barbara Harris, Jodie Foster—Comedy/G	THE VILLIAN—Kirk Douglas, Ann Margulies—Drama/PG
3:45 p.m.	Wednesday, March 26 6 p.m.
THE BIG FIX—Richard Dreyfuss, Susan Anspach—Mystery/PG	THE FISH THAT SAVED PITTSBURGH—Jonathan Winters—Comedy/PG
Sunday, March 23 6 p.m.	Thursday, March 27 6 p.m.
OVAL PORTRAIT—Wanda Hendrix, Barry Corbin—Drama/PG	AVALANCHE EXPRESS—Lee Marvin, John Huston—Action Thriller/PG



CENSUS TAKERS—Lieutenant Junior Grade Cynthia A. DiLorenzo and design Michael Biggs have been designated project officers for the 1980 Military Census Report (MCR). All Naval personnel will be contacted between the first and third of April to fill out a MCR. All military members are required to fill out this report—even if they have previously filled out a Census Bureau questionnaire. Wives of shipboard personnel should not include their husbands when filling out the Census Bureau forms. More information concerning the MCR will be published in the Plan of the Day.



THE OAK LEAF

Naval Regional Medical Center Oakland, California

Vol. 42, No. 7 Friday, March 28, 1980

The 1980 Census

Why count heads?

You won't be required to return to the home of your ancestors—as in early Roman enumerations—but you are obliged to fill out and return the questionnaire you'll be receiving.

April Fool's Day officially marks the beginning of the Twentieth Decennial Census of Population and Housing. The census counts all residents of the United States, its possessions and trust territories.

Census questionnaires make general inquiries regarding persons living in each household and the type of housing unit. Queries are also made concerning racial and ethnic origin, energy usage and transportation needs.

Eighty percent of the questionnaires distributed will be in short form. The 19 questions can be answered in less than 20 minutes. However, some households will receive the long form, consisting of 65 questions. This form pursues information in more depth and can be completed in less than an hour.

A telephone number for those needing assistance will be printed on the front of all questionnaires.

The same law that requires disclosure of information to the Census Bureau also assures confidentiality. No other federal agency may view individual census answers for any purpose. No names or addresses will be transferred to computers. The census does not ask for Social Security numbers.

Most households will be asked to mail their completed forms to the census office. A few, primarily in sparsely populated areas, may be required to retain the forms until called upon.

Census takers will contact households failing to return the questionnaires within an allotted two week period.

According to the U. S. Department of Commerce, the American taxpayer will pay an estimated \$2 million in follow-up costs for every one percent of unreturned forms.

The census, originally imposed to apportion congressional districts, is also used as a guide for distribution of federal and state funds. Geographic information for planning and managing government at all levels will be provided as well.

In 1970, over 4 billion items of information were garnered—sketching a detailed statistical portrait of the American citizen. This year's tally will afford data representing nearly every facet of our daily lives. The Department of Census said this information will directly influence decisions of national and local importance.

At its inception in 1790, the census showed a population of just under 4 million. The 1980 census is expected to count around 222 million.

First Basic X-Ray Technicians graduate today

Oak Knoll's and probably the Navy's first Basic X-Ray School class will graduate in ceremonies here today.

Graduation will be held in the Clinical Assembly at 10 a.m., with Rear Admiral Walter M. Lonergan, commanding officer, the featured speaker.

The conception of a Basic X-Ray School was based upon the Navy's need for technicians at basic levels in Radiology Services. Technicians previously received training on-the-job.

Air Force exercise

NRMCO participates in 'Medical Red Flag'

Navy Medical Corps Lieutenant James R. Wilson of Outpatient Service, Naval Regional Medical Center Oakland, participated in the Medical Red Flag Exercise March 17-21 at Travis Air Force Base, Calif.

Rear Admiral Walter M. Lonergan, the region's commanding officer, also attended ceremonies opening the exercise at the air base north of here.

Medical Red Flag is a code name to designate a wartime exercise for training medical personnel in battlefield medicine. Two hundred and sixty-seven active duty Air Force Reserve and Air National Guard physicians, six oral surgeons and four physician assistants were involved.

An Air Transportation Hospital (ATH) from George Air Force Base, Calif., was selected at Travis to provide a realistic environment for the training. During the week, all attendees toured the ATH, which consisted of nine tents housing surgery, medical and surgical wards, laboratory, pharmacy, x-ray, dental clinic, supply, environmental services, veterinary services, primary care and administration.

The exercise combined classroom instruction and hands-on field medicine. Military and civilian specialists, many who served as physicians in one or more wars, were instructors. Topics such as shock, burn management, wartime anesthesia, gunshot wounds, vascular, abdominal, chest, and orthopedic injuries, sanitation and hygiene infectious diseases, wartime psychiatry and aeromedical evacuation were presented. Bandaging and splinting and the wearing of a mask and chemical warfare protective suit were demonstrated. In addition, patients from David Grant U. S. Air Force Medical Center received treatment in the primary care clinic tent on March 18, 19 and 20.

Lieutenant General Paul W. Myers, Air Force Surgeon General, who developed the concept of Medical Red Flag, personally participated in the exercise, treating patients in the primary care tent and teaching a class on neurological injuries.

The Air Force Medical Service currently has 17 ATHs. It takes 10 hours to assemble an ATH and it must be ready to accept patients in a wartime environment within 24 hours. Future Medical Red Flag exercises are planned for Scott Air Force Base, Ill., next Oct. 6-10; Lackland Air Force Base, Tex., March 16-21, 81; Wright-Patterson Air Force Base, Ohio, Aug. 24-28, 1981, and Andrews Air Force Base, Md., Oct. 5-9, 1981.

During the 12 week course, students developed skills required to operate diagnostic medical x-ray and film processing equipment, perform photodosimetry duties and administrative routines.

Graduates and their new duty stations are: HM3 Michael L. Albertson, Naval Regional Medical Center (NRMCO), Yokosuka, Japan; HN Orna N. Barry, NRMCO, Subic Bay, Philippines; HN Steven R. Cline, NRMCO, Norfolk, Va.; HM3 James N. Farmer III, NRMCO, Long Beach, Calif.; HN Roberto S. Marquez, NRMCO, Okinawa, Japan; HN Bridgett T. Morris, NRMCO, San Diego, Calif.; HN Ruth A. Rosko, NRMCO, Rota, Spain.

Also: HN Mariano Sembrano, NRMCO, Philadelphia, Penn.; HN Bonita K. Smith, NRMCO, Guam, Marianas Islands; HN Dana L. Ward Shopshire, Naval Regional Branch Clinic, Hawaii; HM3 Thomas M. Westgate, NRMCO Bethesda, Md; HM3 Chris H. Xavier, Naval Regional Branch Clinic, Port Hueneme, Calif.

Classes for Basic X-Ray Technicians will convene every six weeks. The second class began Feb. 19.

(Photo, Page 5)



THE EARS HAVE IT—Walter Friday checks Linda Henson's ear for possible obstruction before fitting her with a sound-deadening ear plug. The exercise is one phase of the Occupational Hearing Conservationist class held here this month. See story and photos, Page 6.

Editorial ---

DOD/OPM policy prohibits sexual harassment

Robert B. Pirie, Assistant Secretary of Defense (Manpower, Reserve Affairs and Logistics), has issued a strong endorsement of the policy statement on sexual harassment that was promulgated late last year by the Office of Personnel Management (OPM). Guidance and policy paralleling that put out by OPM are being developed for application to the services.

DoD's top manpower official has also called for the institution of measures to express this policy in new employee orientation sessions and to advise current employees of the means of obtaining redress from sexual harassment.

The OPM policy statement on sexual harassment, which includes a specific

definition of the term, reads as follows:

"Federal employees have a grave responsibility under the federal code of conduct and ethics for maintaining high standards of honesty, integrity, impartiality and conduct to assure proper performance of the government's business and the maintenance of confidence of the American people. Any employee conduct which violates this code cannot be condoned.

"Sexual harassment is a form of employee misconduct which undermines the integrity of the employment relationship. All employees must be allowed to work in an environment free from unsolicited and unwelcome sexual overtures. Sexual harassment debilitates morale and interferes in the work productivity of its victims and co-workers.

"Sexual harassment is a prohibited personnel practice when it results in discrimination for or against an employee on the basis of conduct not related to performance, such as the taking or refusal to take a personnel action, including promotion of employees who submit to sexual advances or refusal to promote employees who resist or protest sexual overtures.

"Specifically, sexual harassment is deliberate or repeated unsolicited verbal comments, gestures, or physical contact of a sexual nature which are unwelcome.

"Within the federal government, a supervisor who uses implicit or explicit coercive sexual behavior to control, influence, or affect the career, salary, or job of an employee is engaging in sexual harassment. Similarly, an employee of an agency who behaves in this manner in the process of conducting agency business is engaging in sexual harassment.

"Finally, any employee who participates in deliberate or repeated unsolicited verbal comments, gestures, or physical contact of a sexual nature which are unwelcome and interfere in work productivity is also engaging in sexual harassment.

"It is the policy of the Office of Personnel Management that sexual harassment is unacceptable conduct in the workplace and will not be condoned. Personnel management within the federal sector shall be implemented free from prohibited personnel practices and consistent with merit system principles, as outlined in the provisions of the Civil Service Reform Act of 1978. All federal employees should avoid conduct which undermines these merit principles. At the same time, it is not the intent of OPM to regulate the social interaction or relationships freely entered into by federal employees.

"Complaints of harassment should be examined impartially and resolved promptly. The Equal Employment Opportunity Commission will be issuing a directive that will define sexual harassment prohibited by Title VII of the Civil Rights Act and distinguish it from related behavior which does not violate Title VII."

A bereaved mother's thanks

The Commanding Officer has received a three-page letter from Mrs. June Freeman, mother of the late James M. Freeman, a long term patient here who died at Oak Knoll on Jan. 2 at age 17.

In the letter, which is filled with praise for many staff members, Mrs. Freeman writes, in part: "Thank you for having such a great team. In this jet and space age, it is a blessing to find people like your staff—concerned and caring—who, in their busy daily life, stop and show concern for others."

Special appreciation was expressed to:

- The Emergency Room staff "who saw him so many times."
- Patient Affairs "who was so very helpful in many things and ways."
- Ultra Sound, X-ray and Radiation—"patience and understanding."
- Laboratory (especially the people who spent so much time trying to draw blood)—"patience and kindness never forgotten."
- The chaplains—"prayers, words of encouragement, visits and understanding."
- To Dr. Donnell and Hematology Clinic staff; to ICU and the adolescent ward where James was first admitted.
- To Housekeeping and Food Service "for kind smiles and words of encouragement."
- To Dr. Pratt and Dr. Kliefoth. "We know that the 11 months were not easy for you, although you knew from the start the battle for James' life was a losing one. . . we hope that something was learned from James' illness that will help you to help someone else in the future."

—To Dr. Hodosh—"thank you for skills, kindness, patience, understanding and decisions. Remember that James though young was the 'greatest.'"

—To the greatest team of nurses and corpsmen there is—the staff of 8 South. "We feel a great togetherness with you. Thank you for your strength and courage in the final hours."

"May the future hold for you all love, peace and happiness. May a little of James' strength and courage be with each one of you and (that) you live life to its fullest as he did—enjoying every moment."

A friend to remember

By Nate Lehr

Today was not a good day for the staff in Psychiatry. It never is when we lose one of our friends and well remembered ex-staff corpsmen.

I came into work this morning with a dull ache in my stomach and a feeling of loss. Then I was told about the passing of one of my friends. I was told that Charlie had been killed while doing something that he loved. . . Charlie Sandfer was killed in a motorcycle accident. It happened on a winding canyon road in Southern California, when he apparently lost control of his cycle.

Riding with him at the time was his wife Bobbie, who was also killed.

They are survived by their eight-year-old daughter Jennifer.

Charlie and Bobbie were some very good friends. The type of good people that many felt very comfortable having as friends.

They will be missed by all those who loved them.

Turn it down, turn it off, walk

Commands that put 10,000 miles on assigned government-owned and leased vehicles during March-April 1979 are going to have to get by with 9,000 miles during those months of 1980.

That and other directions are in ALNAV 026/80 on reduction of energy consumption.

"The seriousness of the energy problem coupled with its long-term nature demands the best and most innovative solutions," the message says. The problem is, the best and most innovative answers haven't been forthcoming in enough cases.

A Presidential directive last year ordered a five percent cut in Department of Defense facilities energy consumption and gasoline use. For the Navy, this applied specifically to all shore facilities use and administrative uses as measured by motor gasoline consumption. The responses have been a 1.7 percent cut in shore facilities energy use and a reduction of only 0.6 percent in gasoline usage.

The latest orders tell commands to examine energy use since April 1979. If they have failed to meet usage reduction goals, they are further directed to take all feasible actions in that direction.

All commands have also specifically been ordered to reduce total mileage driven in government-owned or leased vehicles 10 percent during March and April as compared with totals for those months in 1979.

At Naval Regional Medical Center Oakland, personnel traveling on official business have been requested to share rides whenever possible, especially to the region's branch clinics.

**Don't let apathy do it again—
make your choice, and VOTE!**



NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Herchenzon

THE OAK LEAF is published biweekly on Friday, reduced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, 94627.

LCDR Baker to end Navy service, enter new career field

Retirement ceremonies will be held here Wednesday for Nurse Corps Lieutenant Commander Mary E. Baker, presently Clinical Care Coordinator and former staff member of Alcohol Rehabilitation Service.

Commander Baker, who maintains a home in San Ramon with a pet Maltese and another dog she calls "All American Girl," will remain in the community. Although she officially ends 20 years' service with the Navy on June 1, she is taking 60 days' terminal leave to enable her to immediately begin classes at California State University Hayward to complete a second master's degree.

"For the next 20 years, I'm going to work in public or industrial relations—not nursing," she said, continuing, "and on the third 20-years, I'm going to buy 50 to 60 pair of chinchillas and watch them do their thing."

Originally from Oklahoma where her mother still lives, Commander Baker first studied to become a concert pianist, then switched careers to nursing "to help people get well."

She trained at the Methodist Hospital of Dallas School of Nursing and earned a bachelor of science from the University of Texas. On the suggestion of another nurse in the Navy Reserve, she went to a recruiting office.

Because the Navy recruiter was absent, the Marine recruiter assisted with her application and she never did see the Navy representative.

Her first training billet was in Newport, R. I., where she was in one of the earliest classes for Navy Nurse



LCDR Mary Ellen Baker

Indoctrination. Ironically, two other members of that early class, Lieutenant Commanders Eleanor Masters and Jan Scott, are also on the Naval Regional Medical Center Oakland staff, both with plans to retire later this year.

Speaking of those indoctrination days, Commander Baker said "we were all RNs, with as much experience as six or seven years. We gave the instructors at Newport a difficult time. We never kept a curfew and were often up after taps."

Over the years she has served at 10 duty stations in various specialties including clinic and recruiting duty, operating room call, neurosurgery, working with amputees and prisoners of war, etc. She has also completed a master's in nursing service administration with the University of Maryland and nearly finished a master's in human relations with Webster College, St. Louis, Mo.

She declares that her most memorable duty was as a recruiter stationed in Kansas City, with frequent trips to Denver. When doing the circuit of nursing schools in Kansas, Colorado, Wyoming, Nebraska, Missouri and South Dakota, Commander Baker joined forces with Army and Air

Force nurse recruiters. "I had a car, the Air Force nurse had a gasoline credit card, and the Army nurse was the driver," she smiled. Also accompanying the commander on her recruiting trips was her dog, a small Maltese, who often served as a publicity peg.

"I have really enjoyed meeting people all over the world and participating in different cultures and life styles during the past 20 years," said the nurse.

She has been active with several professional associations, including the National League of Nursing, the National Forum for Administrators of Nursing Service, the National Nurses Society on Alcoholism, and the Contra Costa Council on Alcoholism.

She said it's been fun during the final duty at Oakland. Captain P. A. Butler (Nursing Director) and Dr. L. U. Pulicchio (Director of Clinical Services) were both on the Great Lakes staff in 1960 when Miss Baker reported there as a lieutenant (junior grade) at her first duty station.

One of her fellow Nurse Corps officers at Oak Knoll commented, "Lieutenant Commander Baker is dynamic and very attractive... her enthusiasm and energy will certainly see her into a third 20th year!"

Former corpsman, wife killed in cycle accident

Medical center staff and local friends are saddened and shocked over the deaths of former corpsman Charles Sandfer and his wife Bonnie, who were killed together in a Southern California motorcycle accident on March 16.

Formerly of Castro Valley, the couple and their surviving eight-year-old daughter Jennifer had recently returned to Southern California. Sandfer, first a student and then a hospitalman on the Psychiatry Service staff, was released from active duty to the reserves on August 17, 1979. He had been

assigned to Oak Knoll nearly three years.

"There are many close friends of Charlie's still at this command who mourn his death," a staff member said, "but even those of us who did not have the opportunity to know Charlie well are saddened... we will always remember his gregariousness, his laugh, his humor, and most of all, the help he was always ready to lend to students and new technicians just starting out on his ward. Though always vigorous and energetic, Charlie seemed to live life casually, taking things as they came, and never worrying about tomorrow."

Another corpsman said the deceased showed aptitude for handling responsibility, was a fast learner, (and) "a very courteous guy who could relate well with his patients."

Many members of the Naval Regional Medical Center Oakland staff attended funeral services which were held for the couple March 19.

Those friends desiring to make personal contributions to the surviving child may call Linda Boris or Deborah Marshall on Ext. 2311.



Charles Sandfer

'Brig' returns

Correctional system stiffened

The Chief of Naval Operations (CNO) has directed a series of actions intended to increase the deterrent value of confinement.

CNO explains these moves as measures to insure Navy members understand confinement in a Navy brig entails strict discipline and hard work, and that the purpose of such treatment is to deter misconduct and to rehabilitate errant members for return to the fleet as productive sailors.

These actions follow an examination of the corrections system by a study group comprised of OPNAV, JAG and fleet representatives. Recommendations emphasized improving military standards and other moves to improve success rates in returning confined personnel to the fleet as productive sailors.

Terminology concerning the confinement facilities and those confined in them will now more accurately reflect the nature of the punishment of confinement. The facilities will again be known by the traditional Navy term—brigs. Those sentenced to confinement will be called prisoners instead of confinees.

CNO also directed that prisoners sentenced to confinement at hard labor shall work at least as arduous a work week as that averaged by fleet sailors at sea.

He further directed prisoners be provided with a distinctive uniform to clearly identify their status.

More changes may be in the offing too, as Admiral Hayward has recommended to the Secretary of the Navy that the Navy seek authority to terminate the DoD-prescribed base parole program and to transfer all long-term (over six months) prisoners to federal prisons.

Nurse alumni meet May 3

The Hayward-Fairmont Alumni Association of vocational nurse graduates has announced that its annual "dutch treat" dinner and class reunion will be held Saturday, May 3, at Denny's Restaurant, 15015 Freedom Ave., San Leandro.

Registration will begin at 6 p.m., followed by dinner at 7:15 and a business meeting.

For further information contact either Zudy Brier, President, at 276-8651, or Doris Griffin, Secretary/Treasurer, telephone 351-3556.

Holy Week Services

CHAPEL OF HOPE
Third Floor, Bldg. 500

Palm Sunday (March 30)

Catholic Mass-8:30 a.m.; 12 noon

Protestant Worship-10:30 a.m.

Maundy Thursday (April 3)

Mass of the Last Supper-12 noon

Protestant Worship-12:30 p.m.

(Holy Communion)

Good Friday (April 4)

* Catholic Liturgy-12 noon

Protestant Worship-12:30 p.m.

Easter Sunday (April 6)

Catholic Mass-8:30 a.m.; 12 noon

Protestant Worship-10:30 a.m.

* Catholic Liturgy will be held in the Clinical Assembly.



Library workshop slated June 3-4

The Pacific Southwest Regional Medical Library Service will conduct a two-day workshop on the organization and management of a small hospital library at Naval Regional Medical Center Oakland, June 3-4.

The workshop, to be held each of the days in Education and Training (Building 75 at the Oak Knoll site) from 9 a.m. to 4:30 p.m., is open to anyone interested in the operation or planning of a hospital library.

Sessions will feature introductory presentations on purchasing and cataloging books, maintaining serials subscriptions, participating in library network activities, and providing hospital library services to meet stan-

dards of the Joint Committee on Accreditation of Hospitals.

The center's Medical Library Committee is sponsoring the event, which will also feature a tour of the hospital's medical library on the opening day. Further information may be obtained from Administrative Librarian Jane O'Sullivan, telephone 639-2031.

Reservations are available from Collette Ford, Education and Consultation Coordinator, Pacific Southwest Regional Medical Library Service, Biomedical Library, Center for the Health Sciences, University of California at Los Angeles, Los Angeles, Calif., 90024; telephone (213) 825-7263.

For your info - - -

Navy, hospital, uniform policy summarized

By JO3 Gregg Redding

It's a good idea—from time to time—to rehash information that most of us take for granted.

Recent changes in uniform policies have left many of us bewildered as to what is actually authorized and appropriate.

In the traditional Navy spirit of putting our best foot forward—we'd like to clarify some basic uniform regulations along with policies here at Oak Knoll:

Coats, smocks and jackets may be worn in the general duty area—but not in the dining room or outdoors.

Operating Room scrub gowns should never be worn outside the work space.

Foul weather jackets and flight jackets are not authorized for wear at this command.

Civilian attire, including jackets and sweaters, may not be worn with any Navy uniform.

Any exception to these policies or to uniform regulations must be authorized by the commanding officer.

April 7 marks the season change from winter blue to summer blue and summer white uniforms. There is no optional wear period.

The female uniform

Indoor Duty White: "Class A" is a white self-belted dress worn with nursing cap, collar devices, white stockings and white shoes. This uniform is authorized for nurses only.

"Class B," a white two-piece pantsuit, may be worn by all hospital personnel involved in patient care. **Officers**—collar devices are required. Wear beige or white stockings and white shoes. Nurses should wear the nursing cap. **Enlisted**—rating devices are required. Beige or white stockings and choice of black or white shoes. *Note: the caduceus is worn on the left side of the collar and the rate insignia on the right. The points of the devices should bisect the collar points.*

The white cardigan sweater may be worn with Indoor Duty Whites.

Summer Whites: White shirt worn with a white skirt and beige stockings. **Officers**—white shoes. **Enlisted**—black shoes.

Summer Blues: "Class A" is the white shirt worn with a blue skirt and beige stockings and black shoes.

"Class B" is the white shirt worn with blue slacks, beige or black stockings and black shoes. (*Summer Blue uniforms are commonly referred to as "Salt and Peppers."*)

The blue cardigan sweater may be worn with Summer Blue uniforms.

Both the Summer Blue and Summer White uniforms are worn year 'round by medical department personnel.

The white shirt should be worn open collared—only the top button is authorized unbuttoned—and with ribbons. **Officers**—wear soft shoulder boards. **Enlisted**—wear sleeve rating badge.

Winter Blue: "Class A" blue long-sleeved shirt and skirt are worn with beige stockings and black shoes.

"Class B" blue long-sleeved shirt and slacks worn with beige or black stockings and black shoes.

Winter Blue uniforms are authorized for all hospital personnel working in departments not involved in patient care.

The blue long-sleeved shirt is worn open collared and without ribbons. **Officers**—wear collar devices positioned parallel to the front edge of the collar. **Enlisted**—wear sleeve rating badge.

Maternity Uniforms—are mandatory when regular uniforms no longer work. Counterparts for every type and style uniform are available.

Jewelry: Only watches, plain rings and small earrings are authorized. Earrings should be discreet—gold for officers and silver or white gold for enlisted—matte finished.

White Gloves—no longer required—wear with service dress blue uniform optional.

Vinyl Handbags—black for all Navy women and white for officers and chief petty officers are being developed. Availability will be announced.

Overcoats—are authorized to be worn with the summer white uniform for medical department personnel.

The male uniform

Summer Whites: White shirt and trousers worn with white shoes. **Officers and Chief Petty Officers**—wear white shoes. **Enlisted (E-1 to E-6)**—wear black shoes.

Summer Blues: White shirt worn with blue trousers, blue belt, black shoes and socks.

Summer Blue (Salt and Peppers) and summer white uniforms are authorized for wear all year by medical department personnel.

The white shirt is worn open collared with T-shirt and ribbons. **Officers**—wear hard shoulder boards. **Chief Petty Officers**—wear collar devices. **Enlisted (E-1 to E-6)**—wear sleeve rating badges.

Winter Dress Blue: Blue shirt and trousers worn with black belt, shoes, socks and tie (don't forget the tie tack and ribbons).

Winter Working Blue: Blue shirt and trousers worn with black belt, shoes and socks. Shirt is worn open collared without ribbons. **Officers and Chief Petty Officers**—wear collar devices. **Enlisted (E-1 to E-6)**—wear sleeve rating badge with the blue shirt.

Winter blue uniforms are authorized for all hospital personnel not working in patient care areas.

Bell Bottomed Jumper Style Uniform—is now authorized for optional wear by enlisted personnel pay grades E-1 through E-5. It will be the required uniform for these pay grades after May 1, 1983. Presently only the blue jumper style uniform is available. The white uniform should be available by Oct. 1 and can be worn by medical department personnel as a year-round working uniform.

Peacoats for enlisted—overcoats and reefers for Officers and Chief Petty Officers—may be worn by medical department personnel with the summer white uniform.

Blue Windbreakers—are now authorized for all Navy personnel. They may be worn with summer blue, winter blue, winter working blue and summer white uniforms.

Service Dress Blue—the jumper style uniform may be worn optionally. Otherwise, wear the winter blue, summer blue or summer white uniform as seasonally dictated.

Soft Shoulder Board Shirt—for male officers is optional for wear with the service dress blue uniform. It may be worn without the blue blouse in working spaces. The new shirt is to be worn without ribbons or breast insignia and may not be worn outside without the blouse. This long-sleeved shirt must be worn with the blouse.

White Cardigan Sweaters—may be worn by male nurses with the summer white uniform. A blue cardigan sweater for all Navy men is being considered; but no decision has yet been made. The blue pullover sweater may not be worn as an outer garment.



ALL HANDS JOB—When Personnel Support Activity Detachment, Oakland, (PASS) relocated from Bldg. 500 to Bldg. 105 recently, all the detachment staff pitched in to lend a hand, including Joan Lavers, whose job is normally that of computer technician.



One-stop service available 'down the hill'

By David Adams

One-stop personnel and disbursing services became available at the Personnel Support Activity Detachment (PSD) Oakland when both offices consolidated and moved into Building 105 earlier this month.

The move down the hill was a move for the better.

Everyone who has been in the Navy has experienced the hassle and frustration of checking in or out of a command, going from one building to another to take care of service records, ID cards, travel claims, change dependency status, and otherwise seeking a wide variety of activities that require personnel and disbursing procedures.

PSD Oakland is part of PASS (Pay and Personnel Administrative Support System) which was developed with the objective of providing improved one-stop personnel services to Navy people while upgrading the Navy's personnel, pay and financial systems. The first

phase of PASS entails consolidation and co-location of all military pay and Navy-sponsored transportation functions. (PSD Oakland, however is still awaiting assignment of a transportation clerk.)

The idea is to centralize, simplify and computerize. By doing so, greater accuracy is expected in personnel and pay records.

The PASS office network will consist of 27 Personnel Support Activities (PSAs), each managing a number of PASS detachments (PSDs). The support activities and about 145 detachments will replace more than 4,000 Navy personnel offices and 500 disbursing offices (afloat and ashore). PSD is a part of PSA San Francisco.

All bases in the continental United States are expected to have the PASS system in operation by the end of March. Navywide implementation of PASS throughout the world is

expected to be accomplished by the end of the year.

The second phase of PASS, which has already begun, calls for automation of records. With use of computers linking PASS offices with both the Navy's Military Personnel Command and the Navy Finance Center, personnel actions will be almost instantaneous.

With this automation, PASS will be expanded to provide support to local commands through computerization of such data as statistical reports, muster lists, leave papers, and even individual qualification and training reports, just to name a few automatic functions.

The PASS office at PSD Oakland plans to deliver better service and better management controls over service and pay record maintenance.

It may be a short walk down the hill to the PASS office, but once there, most everything is available at one place.

People make news ---

Nurse in spotlight:

Sharp Navy recruiter 'stole' her from Army

Because the Army recruiter was "slow" and his Navy counterpart left no questions, the daughter of an Army colonel joined the sea service. Today she is Commander Virginia Pritchard, supervisor of the Operating Room at Naval Regional Medical Center Oakland (NRMCO).

"The challenge of Navy nursing is rewarding in that it develops professional growth and independence of the individual," she said, modestly adding "(but) the 'spotlight' really belongs to the people who are rarely seen... those very special talented nurses and technicians who provide patient-centered nursing care in a highly stressful situation."

Even before she joined the Navy, Commander Pritchard was a world traveler. As an Army dependent, she lived in Japan from 1949 to 1952 where she attended high school in Tokyo. She next enrolled in a girls' school in El Paso, Tex., later studying for two years at the University of Texas. Heidelberg, Germany was her home from 1956 to 1959, and included study with University of Connecticut and Columbia University courses. In 1961, she earned a bachelor of science degree from the latter university.

Although her Army colonel father was initially upset, he later proudly swore her into Navy service.

For the first two years, the Nurse Corps officer worked at Pensacola in the nursery. As a new ensign, she was told by her more senior staff nurses to always be on the lookout for a "Blue Angel Baby," a child of one of the famed "Blue Angels" flyers. They told her the babies had blue angels on their bottoms, and Commander Pritchard laughingly recalls how she gullibly searched without success for such identifying marks.

Following duty at St. Albans, she was transferred to Yokosuka, Japan, where she found an opportunity to work in the operating room as an on-the-job trainee. Next came a six-month Operating Room Management course at Chelsea, Mass., where only once did she have to shovel her way two miles through the snow.

After an assignment at Camp Pendleton, Commander Pritchard first came to Oakland as an instructor for the Operating Room School. Then she went to Guam where she was the Operating Room supervisor, and back to Oakland in December 1976.

In this community, she serves on the board of directors for the Alameda County chapter of the American Operating Room Nurses Association.

Due for rotation in December, she said she would most enjoy duty in either the Virgin Islands or Hawaii. Someday, she'll retire to travel—even more than before.



FAMILIAR DUTY—In her role as Operating Room supervisor, Commander Virginia Pritchard doublechecks the needed supplies.

Comings and Goings

"Fair winds and following seas" to the following personnel who have departed the command:

- Lieutenant Catherine Swint, Nurse Corps, released from active duty.
- Lieutenant (junior grade) Goldie Brown, Nurse Corps, released from active duty.
- Lieutenant David Munson, Nurse Corps, to Okinawa.

- Chief Legalman Earl Baugh to San Diego.
- Hospital Corpsman First Class Renato Mangosong to Okinawa.
- Mrs. Anna Mae Taylor, retired.
- "Welcome aboard" to Ensign Michael Turner, clinical clerk.

Promoted, frocked, advanced

Five officers were promoted, one was frocked and eight corpsmen advanced during this reporting period. Promoted to the rank of Commander was Dr. Richard Imes of Ophthalmology. New lieutenant commanders are Medical Service Corps officers Ronnie Tinke (Moffett Branch Clinic), Regis Trocy, (Physical Therapy), Karl Schweinfurth (Concord Branch Clinic), and Civil Engineer Corps officer Bernard Rabold, Public Works. Frocked to lieutenant shortly before his transfer to Okinawa was David Munson, Nurse Corps.

- Corpsmen recently advanced and their new rates are: Hospital Corpsmen First Class Zenen T. Alpuerto, Pharmacy Service and George W. Wilson, Jr., PMT School.
- Hospital Corpsmen Second Class Victor P. Bosteels, William R. Johnson III and Clifford H. VanKeuren, all of PMT School.
- Dental Technician Second Class Ronnie L. McGhee, Dental Service.
- Hospital Corpsmen Third Class Gary D. Gilson, Main Operating Room, and William J. Reagan, Jr., Nursing Service.



FIRST CLASS—Students from the first Basic X-Ray Technicians School class will graduate here today. The school trains students in basic skills for the Radiology Service. Students and instructors are: bottom row (l to r) HMC Rose Percival (instructor), HN Bonita Smith, HN Bridgett Morris, HN Dana Ward Shopshire, Lt. Rick LaFontaine (course director), HN Orna Barry, HN Ruth Rosko and HMC Alphonse Esporo (instructor). Middle row (l to r) HN Mariano Sembrano, HM3 Chris Xavier, HM 3 Michael Albertson and HM3 Thomas Westgate. Top row (l to r) HN Steven Cline, HM3 James Farmer III, and HN Roberto Marquez.

Kudos.....

- LETTERS OF COMMENDATION
- Lieutenant Commander George Windham, formerly of Administrative Services.
- Mrs. Anna Mae Taylor, formerly of Legal.
- Chief Legalman Earl Baugh, formerly of the office of the Staff Judge Advocate.
- Hospital Corpsman Second Class Rosemary Lowman, Military Personnel.
- Hospital Corpsman Third Class Michael Aquino, Orthopedics.

Hospital Corpsman Renato Mangosong, Concord Branch Clinic.

CIVILIAN LENGTH OF SERVICE AWARD

Ms. Virginia Cheatham, Nursing Service, 20 years.

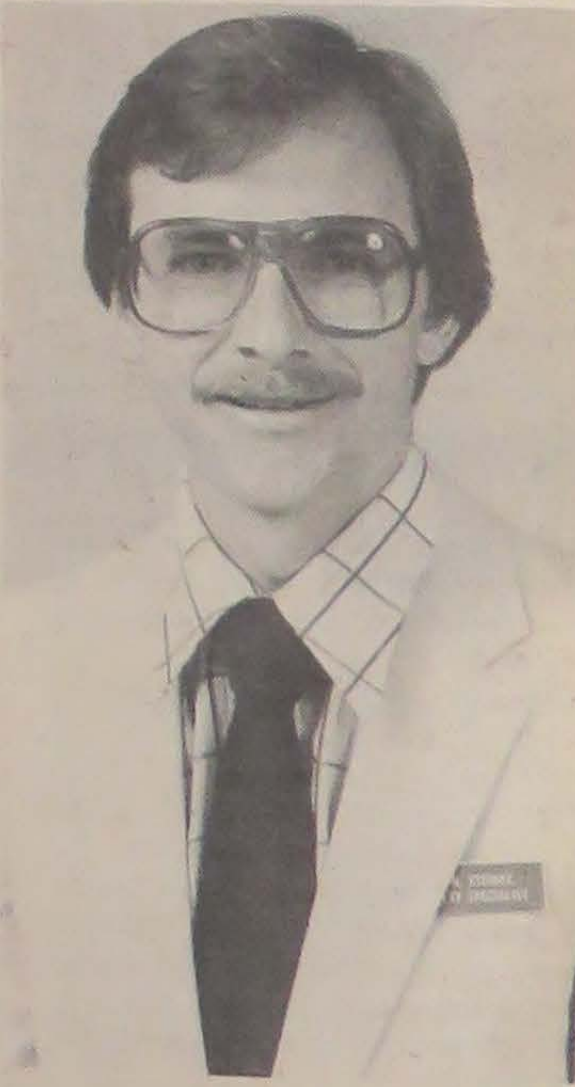
REENLISTMENT

Hospital Corpsman Second Class Rosalina Resa, Pharmacy Service.

- GOOD CONDUCT AWARDS
- Hospital Corpsman Third Class Hollis William Hence, Jr., ENT Clinic.
- Hospital Corpsman Third Class Scott Nixon, Nursing Service.
- Hospital Corpsman First Class Michael McClure, Blood Bank.

- LETTERS OF APPRECIATION
- Hospital Corpsman Third Class Norman Pussehl, Psychiatry.
- Hospital Corpsman Third Class Paul Mariskanish, X-ray School.
- Lieutenant David Munson, Nursing Service.

NEW TO THE STAFF—Garry R. Steinke has been employed as a safety specialist/safety management trainee at NRMCO. Originally from Michigan City, Ind., he is a former Navy man, serving as a Chief Mechanical Operator in the Nuclear Power Program of the Navy, and also as an instructor in the Reactor Training Division of the USS ENTERPRISE (CVN-65). He is currently enrolled in an Indiana State University safety management/business program and says his career goal is "to gain as much knowledge and expertise in the rapidly expanding field of safety as I can get." A bachelor, Garry likes to ski, play tennis, golf and scuba dive.



Speaking of health care

'DEERS Season' opened by Assistant SecDef

Dr. John H. Moxley, III, Assistant Secretary of Defense for Health Affairs, recently opened the new Defense Enrollment Eligibility Reporting System (DEERS) at Naval Regional Medical Center, Portsmouth, Va.

The system Dr. Moxley opened when he snipped a white ribbon is designed to correct medical care abuse and assist in making the health care system more efficient. It has been compared to an airline reservation system in that a person is enrolled for medical health benefits much like he might be "enrolled" for flight on a certain airline.

News reports indicate DEERS has already detected several fraudulent users of the military health system during trial runs, including divorced dependents, people discharged early, and one man who allegedly was married to four women.

In addition to being a system for preventing fraudulent use of medical care

facilities, Dr. Moxley said it will provide a better statistical base for identifying other needs, as it enables the Navy and Department of Defense to determine numbers, age, sex and location data on people eligible for various services. According to Dr. Moxley, "DEERS will allow us to plan more precisely and make it easier for those entitled to receive better benefits."

It is estimated by the General Accounting Office that as much as \$60 million worth of medical benefits are being dispensed annually to ineligible persons through direct care facilities and CHAMPUS. Eliminating such abuses will make more appointments and doctors available to legitimate beneficiaries.

With inflation impacting on the health care system throughout the country, Dr. Moxley suggests DEERS is probably one of many new approaches that will be necessary in the future.

Hearing Conservation taught here

The first of four Occupational Hearing Conservationist classes scheduled for this year graduated here March 14.

The class is conducted by the Department of Otolaryngology and Maxillofacial Surgery.

Medical personnel are trained as Occupational Hearing Conservationists as part of the Navy's ongoing crusade to reduce hearing loss.

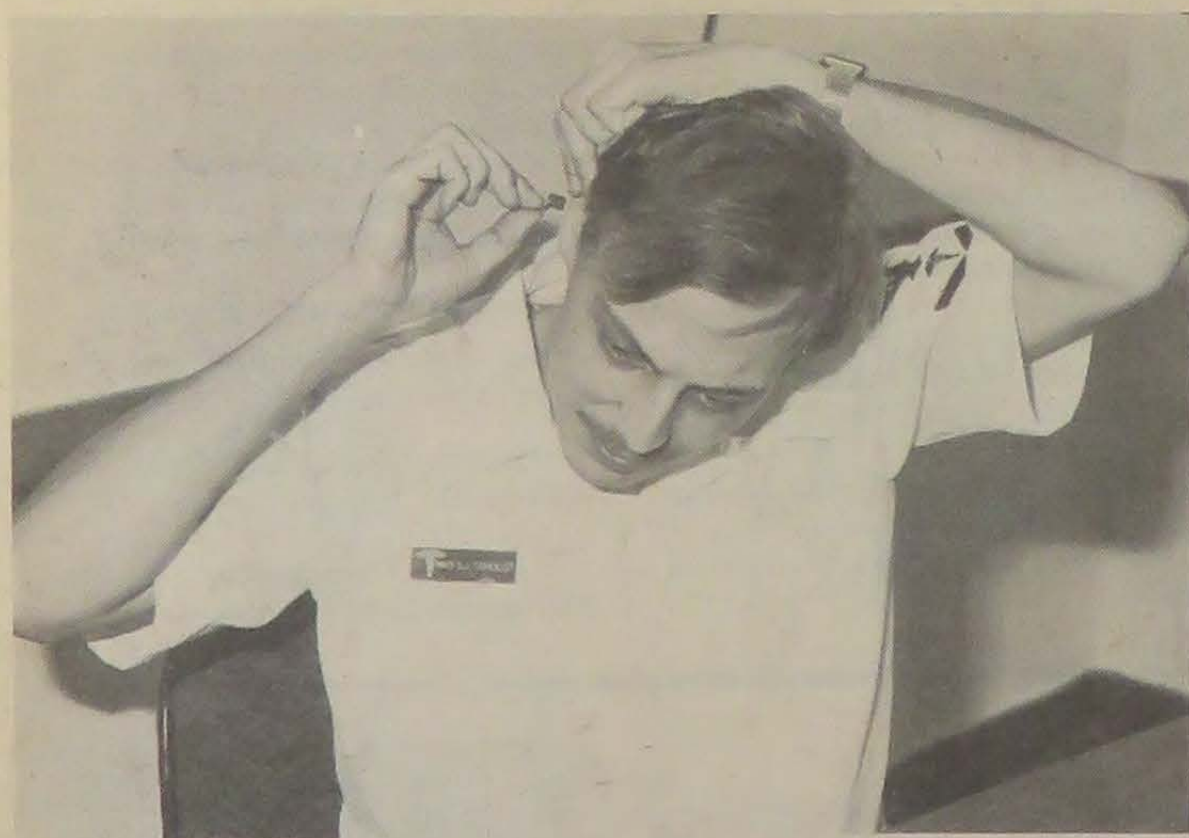
In the course of three days, students become proficient in fitting patients for sound deadening ear plugs; operating self recording and manual audiometers and interpreting audiograms.

Successful completion of the class entitles the student to two quarter hours from Cal State at Hayward. The course also provides continuing education credits for nurses.

Class instructors, certified through the Council on Accreditation for Occupational Hearing Conservation, are: Captain C. Gordon Strom, Chairman of Otolaryngology Service; T. Wayne Loyborg, Sandra C. Fulghum, Dora-Thea S. Porter and Doctor Charles E. Fankhauser all from Otolaryngology Service.

Graduating from the recent class were: HA James E. Browne, Alameda Branch Clinic; HM1 Harvey W. Dwyer, Naval Hospital, Lemoore; Walter R. Friday, Branch Clinic Naval Supply Center; HM2 Dennis W. Deli Gatti, Stockton Branch Clinic; HM1 Patrick M. Heath, Naval Hospital Lemoore; Linda P. Henson, Branch Clinic, Naval Supply Center and HM Sam Jones, Moffett Branch Clinic.

Also: HM3 Thomas A. Ludwig, Naval Regional Medical Center, Oakland (NRMCO); Antonio Rey S. Paulito, Occupational Clinic, Mare Island; HM3 Stephen J. Shulist, NRMCO; David J. Titgen, Concord Branch Clinic; and HN Joyce A. Tom, Alameda Branch Clinic.



HEARS HOW—Hospital Corpsman Third Class Stephen Schulist demonstrates how to insert a single-flange ear plug—one of three commonly used by the Navy to reduce harmful noises that can cause hearing loss. Triple flange and foam plastic plugs are also used—all three are equally effective. The plugs when used in high noise areas can effectively reduce the chances for hearing loss.

New changes for checkups

Last week the American Cancer Society revised its thinking on cancer checkups including the frequency of some tests.

The new, more conservative recommendations are:

- Colon and rectum: sigmoidoscopic examinations at three-to-five year intervals for those over 50 years of age, provided negative exams have been recorded for two consecutive years. An annual test for blood traces in the stool for those over 50. Digital rectal examinations annually for those over 40.

- Cervix: Pap tests at least every three years, once two negative tests have been performed a year apart for women over 20, and those sexually active under 20. Pelvic exams every three years from age 20 to 40 annually thereafter.

- Breast: Breast physical exams for women 20 to 40 every three years and annually for those older than 40. Low-dose mammography (breast X-rays) annually for women over 50.

- Lung: Increased emphasis on quitting or not starting cigarette smoking.



PART OF THE PROCESS—Following inspection, both ears are sized before fitting noise reducing ear plugs. Hospital Corpsman First Class Patrick Heath will then demonstrate for his patient, student HM1 Harvey Dwyer, the method of inserting the ear plug and inspecting for proper fit. Dwyer, who had received similar training in 1972, said there had been a lot of changes since then. "They've really improved standards and techniques," he said.



PRACTICE MAKES PERFECT—Hospital Corpsman Third Class Thomas Ludwig administers self recording audiometric test to classmate HM3 Stephen Schulist. Interpretation of the resulting audiogram will indicate hearing deficiencies, if any, at various decibel levels.

New physicians pay act sought

President Carter has rejected the Uniformed Services Health Professionals Special Pay Act of 1980 (H. R. 5235). In so doing, he called on Congress to reconsider the administration proposal on this issue as soon as possible, telling the Congress, "while I'm compelled to disapprove H. R. 5235, let me emphasize my commitment to alleviate the shortage of physicians in the Armed Forces."

The President asked Congress to review his proposal to increase selective special and bonus pay to attract and retain military physicians during what was expected to be a temporary period of shortage.

The President stated his reasons for vetoing the bill centered on broadening of the original proposal by the Congress, causing what he termed unnecessarily expanded scope and expense. He told members of Congress, "if we are to check the inflationary pressures that now prevail throughout the economy, we must exercise genuine restraint in federal spending."

He specifically pointed out the rejected bill called for permanent versus temporary bonuses, covered medical doctors in other than the Armed Forces, included personnel in areas not deemed as critical as physicians, and was too expensive.

With the family --- First annual 'rodeo' centers on bike safety

The first annual bike rodeo at Oak Knoll took place here earlier this month as a project of Preventive Medicine Technician (PMT) School's Class No. 89.

As part of their industrial hygiene studies the objective is to create an awareness of hazards. Class members conceived the idea of concentrating on bicycle safety, both to further that objective and to provide a community service to youngsters living on base.

The PMT students developed an obstacle course to judge the children on straight-away driving, stopping, making turns, using proper hand signals, one-hand agility, and how to ride a bike slowly and still maintain balance. The course was designed to test a

child's ability to think and handle bikes under varied conditions.

At the beginning of the program, the youngsters attended a presentation on bike safety which included film and other audio-visual instruction and a lecture on hand signals, proper riding and safety checks of bicycles.

Next, all participants' bikes were inspected for brakes, reflectors, chain tensions, pedals and tire wear.

The kids then undertook the obstacle course and following the test received certificates showing they had successfully attended and completed the March 8 rodeo.

The busy morning was climaxed with all sharing punch and cookies together.



RINGMASTERS—PMT students who organized and judged the first annual bike rodeo at Oak Knoll were, left to right, front row: HM2 John A. Maiuro, HM1 Harvey B. Leach (group leader), HM2 Robert D. Smithers, HM3 Colleen J. Dolan, HM3 Ruben E. Burch, Jr., and HM3 Johnnie S. Hale. Back row: HM3 Richard B. Wolf, HM3 Harry L. Tyler, HM1 James N. Stephens (Coast Guard), HM2 James T. Carter and HM2 Wayne J. Hitzeman. Not pictured: HM1 Alberto P. Butingan. (This and other rodeo photos by LCDR Richard Wolf.

Marriage for money hit rocks

A recent ruling by the U. S. Comptroller General gives the Military Departments the right to place married members back into the barracks—with the loss of BAQ—if it turns out they married only for the money.

The ruling was issued in December 1979 in the case of two Air Force enlisteds who split up within two months of taking the vows.

They met in mid-September 1977 and were married shortly thereafter.

Three days after the marriage they requested permission to live off-base and to each draw the without-dependent basic allowance for quarters. The Air Force commander approved the requests, and the couple moved out of the barracks.

After splitting and living apart, the young couple moved back into the same off-base house again late in 1978. That arrangement lasted only two months before another separation.

About this time the Air Force decided to investigate the on-and-off marriage, and during the investigation both members furnished statements indicating that the principal reason for their marriage was so that they could live off base and receive the BAQs.

From their statements, it was clear that they did not marry for the purpose of maintaining a family unit.

The female member was assigned back to the barracks in March 1979 and payment of the BAQ to her was stopped.

At that time the male member was not placed back in the barracks and continued to draw the BAQ while living off base.

While the Comptroller General ruling indicated that the Air Force could not demand the return of BAQ funds paid out, it did state that the proper course of action in a case where the marriage was one of convenience and money was for the Military Department to assign the individuals back to single-type Government quarters.

In that case, no BAQ is payable.

Commissary shoppers save 20-plus percent

Commissary store shoppers save more than 20 percent compared to prices in the civilian market, according to recent surveys.

Although figures vary from location to location, commissary shoppers save 31.4 percent on produce, 23.3 percent on meats, and 20 percent on other grocery items.

Kids in kitchen

Chicken

You take some flour and you put it in a bag. You put the chicken in with the flour. You shake the flour and chicken. You get a pan and you put the chicken in the pan for 20 minutes. Then you take it out.

The best cook Marc Guillory

Fired Chicken

First you get some chicken from the store. Then you get some flower and put into the bowl. Then you put it into the pot then you simmer 100° degrees. Get it out and eat.

Super eating, Doron



OOPS!—Making these sharp turns isn't always easy, but one of the PMT judges steps in quickly to catch this participant as he starts to fall.



HAND SIGNALS IMPORTANT—This little bike rider not only uses the proper hand signal for a right hand turn; he protects himself for possible accident with a safety helmet.



AWAY WE GO—This junior miss aims for the next cone as she goes through the course.



CRUISING THE CONES—Safe maneuverability was tested in an obstacle course outlined by traffic cones.



Little acorns. . .

The following recent additions to the medical "family" have arrived at Oak Knoll.

A baby boy to Ensign Ronald M. Karliner, Special Chemistry Lab, and his wife Rebecca, March 5.

A baby girl to Lieutenant Cynthia Maravich (Droz), Labor and Delivery, and her husband Charles Droz, March 6.

A baby boy to Lieutenant Lynn C. Van Wagen, Internal Medicine, and his wife, Bonnie, March 10.

A baby girl to Hospital Corpsman Third Class David J. Roger, Mare Island Branch Clinic, and his wife Barbara, March 13.

A baby girl to Lieutenant Charles Blankenship, General Surgery Clinic, and his wife Susan, March 13.

A baby boy to Hospital Corpsman Third Class Tony Carroll, Orthopedics staff, and his wife Dorothy, March 19.

Off duty - -

Unbeaten medics capture basketball crown

The 1979-80 Intramural Basketball Season came to an end March 12 with the unbeaten Medical team trouncing MSC 53-35 to win the crown.

For the season, the Meds took all 12 games they played, while MSC finished with a split 6-6 game record.

In the final game, L. Smith and M. Terry paved the way for Medical as they shared scoring honors with 14 points each. Smith earned his 14 points on six field goals and two free throws while Terry garnered seven field

goals, five of them coming in the second half.

MSC's Ben Taylor captured scoring honors for the game as he split the net for 17 points on seven field goals, five of them coming in the second half.

Medical led at half-time by a score of 27-18.

Box Score MEDICAL

Player	FG	FT	TP
J. Lozner	4	0	8
S. Baez	3	0	6

L. Smith	6	2	14
M. Terry	7	0	14
R. Swan	3	1	7
G. Nelson	1	0	2
J. Mayo	1	0	2
R. Woodruff	0	0	0
	25	3	53

Fouls—14
Fouled out—none
Officials—Perry/Peterson

MSC

D. Love	0	0	0
---------	---	---	---

J. Miller	2	0
D. Hegland	0	0
J. Straley	2	0
T. Carroll	1	1
T. Monge	1	4
O. Watkins	0	0
B. Taylor	7	3
T. Geer	0	1
H. Simpkins	0	0
A. Young	0	0
	13	9

Fouls—12
Fouled out—none

Qs and As of photo art

By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)

Q: I've recently taken a strong interest in black and white darkroom work and just completed a basic course, but all those formulas and calculations! Is there a book you'd recommend that simplifies them and is a good ready reference source?

A: As a matter of fact there is just such a book and it's been very recently updated and expanded. It is the Kodak Black-and-White Darkroom Dataguide, and contains major sections on enlarging papers, black-and-white films, and chemicals. The papers section has information on all (of Kodak's) selective and graded contrast enlarging papers; suggested developers; which safelight to use and more. The film section includes information on 35 mm, roll and sheet films; a 'developing dial' for calculating development times at different temperatures using various films; illustrations showing how different films reproduce the same subject (to demonstrate film sharpness and graininess), and push-processing information on (Kodak) black & white developers, stop baths, fixers, and toners. Altogether in its 34 pages it contains 19 tables, 2 calculator dials and 25 illustrations. You can purchase it from a photo dealer for under \$10.



Q: I'll be taking an extended vacation soon and will be carrying a lot of film with me. Those airport x-ray security machines are not supposed to damage film but I've heard otherwise. What can I do to protect my film from accidental x-ray exposure?

A: There is a product known as Sima Film Shields that will do just what you need. These are flexible, lead-lined plastic bags that when properly used will not only protect your film from direct radiation but also from escaping stray radiation released by airport security equipment not set to proper tolerances. Still, it's a good idea to have your camera case hand inspected (even when using the special bags) and not allow it to go thru the conveyor belt x-ray machines. Most of the time, airport security personnel will hand-check bags when you ask them to, but be sure and arrive at the airport early enough to allow them to do their job properly. If not, you may suffer for it in the long run when they insist a bag go thru the x-ray machine. Lastly, don't pack extra film in luggage that is to go into the baggage hold compartment as it's frequently subjected to much stronger x-ray radiation than that which the terminal machines emit.

'Great America' open every day

During Easter Week (March 29—April 6), Marriott's Great America will be open daily 10 a.m. to 8 p.m. . . and, you can save nearly \$3 on a ticket if you purchase it from Special Services in Bldg. 38.

The regular \$10.95 adult and \$9.95

child admittance is \$8 if purchased here.

Following Easter Week, the amusement park will be open only on Saturdays and Sundays (same hours) until May 24, when it will be open once again on a daily basis.

★ ★ ★ MOVIES ★ ★ ★

Friday, March 28

6 p.m.

PATRICK—Susan Penhaligon, Robert Helpmann—Horror/PG

Saturday, March 29

2 p.m.

PETE'S DRAGON—Helen Reddy, Sean Marshall—Comedy/G

4:10 p.m.

HOT LEAD, COLD FEET—Jim Dale, Don Knotts—Comedy/G

Sunday, March 30

6 p.m.

A WEDDING—Carol Burnett, Desi Arnaz, Jr.—Comedy/Drama/PG (Note: Although this is rated PG, some of the material may not be suitable for youngsters.)

Monday, March 31

6 p.m.

FOUL PLAY—Goldie Hawn, Chevy Chase—Comedy/PG

Tuesday, April 1

6 p.m.

STARTING OVER—Burt Reynolds, Jill Clayburgh—Comedy/Drama/R

Wednesday, April 2

6 p.m.

FRENCH POST CARDS—Miles Chapin, Blanche Baker—Comedy/PG

Thursday, April 3

6 p.m.

HEAD OVER HEELS—John Heard,

Mary Beth Hurt—Comedy/PG

Friday, April 4

6 p.m.

LAND OF THE MINOTAUR—Donald Pleasence, Peter Cushing—Horror/PG

Saturday, April 5

2 p.m.

SUMMERDOG—James Congdon, Elizabeth Eiseman—Adventure/G

3:36 p.m.

THE BUGS BUNNY/ROADRUNNER MOVIE—Animation—G

Sunday, April 6

HOLIDAY—NO MOVIE SHOWN. HAVE A HAPPY EASTER!

Monday, April 7

6 p.m.

GOLDFINGER—Sean Connery, Gert Fröbe—Adventure/PG

Tuesday, April 8

6 p.m.

YANKS—Richard Gere, Vanessa Redgrave—War Drama/R

Wednesday, April 9

6 p.m.

THE BLACK STALLION—Mickey Rooney, Kelly Reno—Drama/G

Thursday, April 10

6 p.m.

SOMETHING SHORT OF PARADISE—David Steinberg, Susan Sarandon—Comedy/PG

Softball season soon to start

Slow pitch softball is about to start at Naval Regional Medical Center Oakland and it's time to "sharpen up" those rubber spikes.

According to Ron Brown of

Special Services, the league will begin about May 12, and now is the time to get in on the action. Entry forms are available in his Bldg. 38 office.

Managers met March 19 and practice schedules were set this week.

Wild water trip slated

Special Services will sponsor an American River raft trip on the weekend of June 28 and 29. The overnight trip will course 23 miles of scenic gold country in the Sierra Nevada foothills.

Authorized military personnel and their families may attend this outing—but must be able to swim.

A \$116.50 fee covers the cost of food, safety equipment, guides and transportation. You must provide your own camping gear.

A deposit of \$25 will hold your reservation until April 24. For more information: call Sally at 639-2479.



GETTING INTO SHAPE—Participating in a series of "Jazz-er-cise" sessions at the Oak Knoll gym are a group of dependents "bent" on getting into shape. The dance fitness program, co-sponsored by the Naval Regional Medical Center Auxiliary and Special Services Office, involves stretches, steps and transitions choreographed through all kinds of music from rock to ragtime. The classes are held twice a week.

Dental techs mark birthday

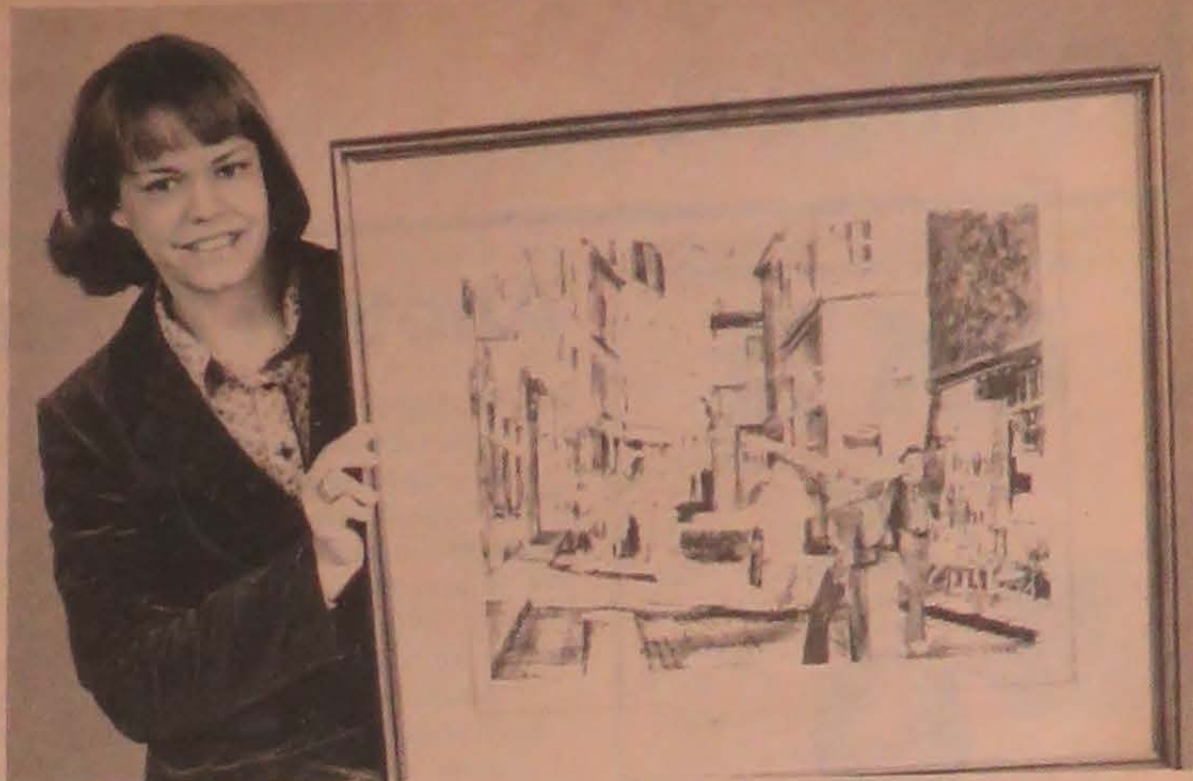
Dental Service at Naval Regional Medical Center Oakland recently received the personal good wishes of Rear Admiral Paul E. Farrell, Assistant Chief of the Bureau of Medicine and Surgery for Dentistry and Chief of the Dental Division, on the occasion of a special anniversary recognizing the 19 dental technicians at this command and those throughout the Navy.

In his letter, Admiral Farrell wrote:

"On this occasion of the thirty-second anniversary of the establishment of the Dental Technician rating, it is with sincere pleasure that I extend to all of you my hearty congratulations and best wishes.

"Your rating has notably distinguished itself through the past years by the dedication, pride of service, and performance of duties so brilliantly exemplified by its technicians. The support that you have rendered to the Navy Dental Corps has been marked by a strong sense of purpose and a high degree of professionalism. I am especially grateful for the unselfish contributions of time, talent, and energy given by each technician. The success of our dental care delivery team has truly been enhanced by your efforts. It is, therefore, a pleasure to convey to you my appreciation and that of the entire Navy Dental Corps, and I do this with complete confidence in your continuing loyalty and devotion to duty.

"Please accept my warmest personal regards and best wishes for a Happy Birthday."



QUITE A DOORPRIZE—Mrs. William T. Meshier displays one of two paintings to be given away as doorprizes at the Officers' Auxiliary benefit Art Exhibition and Auction to be held at the Officers' Club April 19.

THE OAK LEAF



Naval Regional Medical Center Oakland, California

Vol. 42, No. 8

Friday, April 11, 1980

Auxiliary to hold art auction

Oak Knoll's Officers' Auxiliary is sponsoring an art auction at the Officers' Club April 19 to benefit a local scholar.

A scholarship of \$500 or more—based upon the success of the affair—will be given to a Naval Regional Medical Center, Oakland dependent. Factors determining the award include: need, academic performance and character of the individual. Applications for the scholarship are being accepted now.

Works from the masters and talented new artists to suit every taste and budget will be offered. All paintings are custom framed.

A \$2 donation, to cover the cost of hor d'oeuvres, will be asked at the door.

Viewing will begin at 6:30 p.m. with bidding starting at 7:30 p.m.

Twenty-five percent of the purchase price on any art bought is tax deductible.

The auction is open to the public.

For more information call Jane Meshier at 837-3637.

Young 'Pen Pal' across the sea keeps wires humming to corpsman

It was otherwise a routine day at the OOD Desk at Oak Knoll. The telephones rang every couple of minutes and a stream of visitors called at the counter for information.

Answering many of the telephone calls was Mate of the Day, Hospital Corpsman Second Class Richard Janushan of the Operating Management staff, a "regular" on duty at the information hub of the hospital.

The bell signaling one incoming telephone call had the same tone as all those before it, and little did Petty Officer Janushan realize as he picked up the receiver that a new relationship was about to enter his life.

After the customary identifying phrase, Janushan waited for what he thought might be the usual question—something like, "How is patient Jones today?"—"How do I make an appointment?"—"What are the visiting hours," etc., etc. Instead, he heard this young, faint, far-away voice, speaking in what first sounded like a foreign language.

Wrong number, maybe... some child's prank, perhaps? But, then again, it could be a child in trouble, possibly ill and alone. Richard thought he'd better listen just a bit closer, so he appealed to the caller to speak slowly and tell him why he called.

The voice came in a bit clearer, now. The child was speaking the King's English—Richard's own tongue, except more precise and with a typical British accent. And then it registered what the young caller was really saying—he was calling from England and he was looking for a pen pal!

Still believing it a possible prank, Petty Officer Janushan tested the young caller. "From where are you calling?" "From my home in England." "And what time is it there?" "6:30 p.m." (A quick glance at the clock and some knowledge of the time differential convinced the corpsman that the call really was coming from Great Britain.)

Continuing the conversation in the hope of unraveling the mystery, Petty Officer Janushan asked the caller his name and age and the youngster replied that it was Gererd Love, 10, of 23 Ashley Avenue, Corby, Northamptonshire, England. As to why he happened to call Naval Regional Medical Center Oakland for a pen

pal, the youngster admitted that he'd just started dialing and the combination of numbers he called brought an answer from the OOD Desk in Oakland, Calif.

This call took place on March 25 and as we go to press, young Gererd has called Richard a total of four times. They chat about the Incredible Hulk, movies and circus performers, and other items of interest to a 10-year-old. Gererd, in his latest call, has advised Richard that he is mailing his new-found friend a photo and an English coin, and Richard, in turn, has promised to write the young English boy.

Meanwhile, Associated Press heard of the original telephone call and tried to pursue it from the other end. A call to the British telephone company disclosed that there is no phone listed to anyone named Love in Corby. Another call to the local constabulary in Corby brought Officer Isabel Purdy to the phone. She confirmed that a family named Love did live on Ashley Avenue, and that there were some youngsters in the family.

The wire service subsequently carried a small human interest item to its subscribing newspapers throughout the United States. This item whetted the interest of a lady in Bloomington, Ill., who also called Petty Officer Janushan to obtain the address of the little lad in England as she, too, intends to write him.

So Gererd now has two new American pen pals. What we'd like to know, especially since these calls average about 10 minutes in length and must cost in the neighborhood of \$15 each, what poor British "Mum" or Dad will get the inevitable shock when the monthly telephone bill arrives?

Drive for members closes on May 2

The 1980 Membership Drive for the Alameda-based Naval Employees Association will come to a close on May 2, according to Gladys Mitchell, the association's representative for Naval Regional Medical Center Oakland.

Membership offers many privileges to civilian employees, including a good dental insurance plan at reasonable group rates. Other benefits include discount privileges at business firms throughout the East Bay.

Ms. Mitchell also reminds all current members that it is time to renew. Both the initial membership and the renewal cost \$5 each.

Applications may be obtained from Ms. Mitchell at Central Appointments, Bldg. 73A, or call her at Ext. 2518 or 2519.



WELCOME ABOARD—Commander Mary L. Rooney is the new head of Occupational Therapy at Naval Regional Medical Center, Oakland. The Navy Medical Service Corps Officer hails from Kalamazoo, Mich., and was last stationed at Great Lakes. Cdr. Rooney has also been named project officer for the 1980 Navy Relief Campaign at this command.



PRINCIPALS—Seated at the head table during the recent luncheon honoring Red Cross volunteers at Oak Knoll were (l to r): Ms. Vivian Ollila, Field Director; Ms. Delfine Ohlman, recent volunteers chairman, Hayward Region; Ms. Ardeth Sklinchar, chairman of volunteers at NRMC; Rear Admiral Walter M. Loneragan, Commanding Officer; Ms. Marjorie Wright, chairman of volunteers, Oakland-South Alameda Chapter; Captain Phyllis A. Butler, Chief of Nursing Service, and Mr. Dale Roe, Manager of the Oakland Red Cross Chapter.

Editorial ---

April 15



Taxes Due

A friend at IRS?

If you have an unsettled argument on your taxes after April 15, you now have a "friend" at the very top of the Internal Revenue Service.

Remember his name—Harold M. Browning.

You probably have never met Mr. Browning but he has been recently appointed to the newly created ombudsman position in the IRS headquarters.

This is not to say that if you just have a complaint about the amount of your taxes you should drop Mr. Browning a letter. His job encompasses more than that.

However, he will aid you in getting answers to difficult and persistent problems you might be having with the IRS and which you have not been able to get solved through normal IRS channels.

With more than 130 million tax forms handled each year by the Internal Revenue Service, errors are to be expected. "With those kinds of numbers," Browning said, "if we are wrong even one-half a percent of the time, that's a lot. And once things go wrong, there seems to be some difficulty in straightening them out."

As one of the six assistants to the IRS Commissioner, Browning will head up the 58 Problem Resolution Program offices now located in each IRS district.

These offices deal with such things as lost or stolen refund checks and errors in computer-generated notices and tax bills.

Last year the offices processed more than 72,000 complaints.

As ombudsman, Browning will be the "ear of last resort" when it comes to tax problems.

There are things, however, that he will not be able to do for the taxpayers who get his ear.

He cannot represent taxpayers whose returns are being audited, and neither Browning nor his staff will be able to answer substantive questions of tax law.

For taxpayers with questions about deductions, how to file, and other matters there is also a network of toll-free information numbers in each area. And, through a quick visit to the nearest IRS, those who need help will be able to get it from trained counselors.

Another burden—state taxes

Paying what you owe to Uncle Sam is only one part of your tax burden.

You may also either owe or have a refund coming from your home state.

If your home state has an income tax and if it has not made arrangements with the Department of Defense to withhold your tax liability through deductions, then you may have to come up with a sum of money on April 15.

First, the good news. The following states have no income tax, so if one of these is your home state, no worry: Florida, Nevada, New Hampshire, South Dakota, Texas, Washington and Wyoming.

Next, the medium-good news. The following states have made arrangements with the Department of Defense and income tax is deducted from your pay already: Alabama, California*, Colorado, Delaware, District of Columbia, Hawaii, Idaho*, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Minnesota, Mississippi, Nebraska, New Jersey**, New Mexico, New York**, North Carolina, Ohio, Oklahoma, Oregon**, Pennsylvania*, Rhode Island, South Carolina, Utah, Virginia and Wisconsin. (**Explanations:** * A member whose legal residence is in one of these states but who is not stationed in that state pays no state income tax. But if he or she is stationed in the state, deductions are made. ** A member whose legal residence is in one of these states and who meets the three requirements concerning abode must complete a state tax certificate before any changes on state income tax withholdings can be made. State tax certificates may be obtained at a finance office or directly from the state taxation authority.)

Now for the bad news.

If your home state is not among those listed above, then you probably owe some income taxes.

As a servicemember and as a citizen of your home state you are responsible for filing and paying state income taxes. There are penalties for failure to file, even if no tax is due or if a refund is forthcoming.

The Soldier's and Sailor's Civil Relief Act protects active duty personnel from double taxation—paying taxes to both the home state and the state where he or she is stationed.

However, if a servicemember has a part-time job in the state where assigned, then that state would have the right to collect taxes on any money earned in that manner.

Spouses of servicemembers are not protected by the act.

State income tax forms and answers to detailed questions may be obtained by writing directly to the state tax authority for your state.

Unfortunately, if you haven't filed by Monday, you'll likely be subject to penalty.

Patient's parents say thanks

The Commanding Officer is in receipt of a letter of appreciation from Mr. and Mrs. Olen C. Christie, Jr., San Angelo, Tex.

In the March 24 letter, Mr. Christie wrote:

"My wife and I wish to thank your staff who attended our son during his illness. . . The care he received from doctors, nurses and corpsmen was outstanding. As we were there with him during his stay in ICU and after he was transferred to a ward, we observed this dedication first hand. . . Words cannot express the appreciation we feel for those who worked with him. We were impressed by personnel coming in on their own over the holidays and weekends to give his physical therapy, and corpsmen and others volunteering to sit with him. To do this, one must be dedicated to his or her job, and to their patient. . . This service, we feel, expedited his recovery and eased our anxiety. . ."

National Library Week, April 13-19

Next week, April 13-19, is National Library Week—a chance to encourage our readers to expand their inner space through the information and enjoyment offered from the many books, records, and super-8 film available in our own General Library in Bldg. 101.

It also affords us an editorial opportunity to salute Barbara Arnott and her very capable staff who serve us year-round.

During a recent biennial administrative and technical guidance visit from the Naval Regional Librarian at Treasure Island, the Oak Knoll Library operation was assessed as being of very high caliber. . . professional and supportive of both patient and staff needs.

And, although this base library may not be as large as many public and academic libraries, it does offer a wealth of professional and leisure-time library services, plus current multimedia materials in many subject areas.

For example, there's a wide variety of books now in the Best Seller listings, from an inside look at Supreme Court justices in "The Brethren" by Bob Woodward, to Milton Friedman's "Free to Choose," in which the Nobel prizewinner discusses the relationship of government to the economy. James Herriot's "Yorkshire," by the famed British veterinarian, is a beautiful pictorial tour of England's original and humorous writings on suburbia and family life.

The fastest selling new title is "Donahue," by TV's popular host Phil Donahue. His program initially failed in New York and he felt no publisher would be interested in his book, but he proved to be a far better TV personality than prophet.

Fiction devotees have pushed these gripping espionage novels into the top 10 popularity listings: "The Bourne Identity," by Robert Ludlum; John le Carre's "Smiley's People," and "The Devil's Alternative," by Frederick Forsyth. At the top is "Princess Daisy" by Judith Krantz which portrays the world of glitter from St. Petersburg to Manhattan's SoHo. Perennially popular author Harold Robbins has a new work: "Memories of Another Day," which is a saga of the American labor movement.

Your interests, however, may not lie with these suggestions. Perhaps something as mundane as putting some electrical wiring in your house or fixing the car has more appeal to you. The base library offers you those choices, too—and many more!

SEEING ENERGY WASTED JUST GRINDS MY JAWS !!



NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Hershenson

THE OAK LEAF is published biweekly on Friday and is distributed commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, 94627.

Retires April 15

Commander Scott looks back on 32 years of nursing

Some 32 years of nursing, 20 of them as a Navy nurse, will end next Tuesday for Lieutenant Commander Janet Scott as she mothballs uniforms, packs her bags for traveling, inventories fishing gear, and generally makes preparations for an entirely new retirement lifestyle.

The lady from Pembroke, Maine who has been Surgical Clinic's relief supervisor and former Infection Surveillance nurse for the past four years, has recently purchased a home in Twain Harte, and from this California gold country residence, will travel to visit East Coast friends, return to Canada to see her family's home area, and maybe go to Spain next year. She also plans to begin new overseas association with Amway Corporation during her "retirement" years, and when business permits, will dip her fishing pole in a few of the many lakes and streams near her new home. "All I have to worry about this summer is the location of the best fishing spot," she chuckled.

Commander Scott became a nurse because that was her mother's profession. Graduating from the Massachusetts School of Nursing in Boston in 1948, she came to California and worked for a year at Cedars of Lebanon (now Cedar Sinai) Hospital in Hollywood. Hired by an Ob/Gyn specialist in private practice, she next worked as his office nurse for nearly three years.

Her next duty (totaling nine years) was with the Veterans Administration in Long Beach, Oakland and Washington Hospital in D. C.



LCDR Janet Scott

Miss Scott's introduction to the Navy began in Newport's Class WNIO, where both recently retired Lieutenant Commander Mary Ellen Baker and Lieutenant Commander Eleanor Masters of this command were her classmates. It was also at Newport where Commander Scott received a chamber of commerce award for the highest combined military and scholastic averages.

Navy duty throughout the years took her to Chelsea, Sasebo, Yokuska, Corpus Christi, Great Lakes, Twenty-nine Palms, and twice to Oakland. She recalls one of her most enjoyable billets as the one at Sasebo in the Japanese countryside.

But perhaps the most memorable was her first job at Chelsea's Intensive Care Unit, "because it was so active and a new experience for me." The ICU had 20 beds, a recovery room and a burn unit. "The iron lung was still a reality and the Bennett respirator was brand new, with people hesitant to start using it," she reminisced. She described the iron lung as being as long as a small room, round-shaped, operated by electricity, and equipped with bellows if the electricity ran out. "We prayed a lot, hoping the electricity didn't go out," she said, explaining that it was necessary to crank a hand-held bellows in that case. Since the iron lung extended from a patient's neck to the end of this feet, it was "like dealing with an adult in an isolette."

Among her other vivid nursing recollections was her duty as a junior student after World War II. She was assigned as the only nurse in a ward of 10 patients, all in isolation, including

two polio patients in iron lungs, a gas gangrene and two with tuberculosis. Since she was totally responsible for all of them, the nursing supervisor came by once a night, "mostly to see if I was awake. That was *real* nursing," the commander related, smiling.

She also discussed the use of flack seed poltices for post-operative gas. "Post-op patients stayed in bed much longer than today," she reflected, adding that Sister Kenny poltices were used for arthritis and nurses in the Central Supply Room had to wash and package all sterile supplies, and even sharpen the needles."

"I have met some of the world's finest in the Navy Nurse Corps," the commander said. Generally (it's been) an experience that I would not have missed." Looking back over the years in the Navy, she added that she's sorry to see the disappearance of many overseas duty stations, but happy to see specialization in Navy nursing, as it leads to better patient care when nursing keeps pace with advances in medical science.

Commander Scott's only family is "Misty," a 10-year-old miniature Schnauzer, with a reputation for being somewhat "salty."

Pain Clinic runs twice weekly

A pain clinic operating Tuesdays and Thursdays in Anesthesiology Service is now in full operation.

The clinic, organized early this year, offers help to physicians in diagnosing and treating many types of pain. It also affords alleviation of chronic pain (pain that has been in existence in excess of six months).

According to Captain (Doctor) Donald D. Hutchings, Director of the Pain Clinic, pain is a subjective symptom which can't be tangibly measured. "People have different tolerances for different types of pain. Consequently, the pain clinic deals with each patient on an individual basis," he said.

Upon referral to the clinic, the patient's complete medical record is reviewed. This is followed by an examination of the patient and development of a course of therapy.

After consultation, the referring physician may elect to continue treatment or have the patient followed in the Pain Clinic.

In some cases patients are simply taught how to cope with their pain. However, the pain clinic uses all therapeutic modalities available, including special nerve blocks, transcutaneous nerve stimulation, and hypnosis.

The administration and adjustment of medications are made where indicated.

Funeral services held for Rayfield Roquemore

Funeral services were held recently in Oakland for Mr. Rayfield Roquemore, 42, who was employed in Food Services at Naval Regional Medical Center Oakland for the past two years. Mr. Roquemore died March 20 of a sudden injury.

"Ray," as he was known by his fellow workers and supervisors, was highly regarded on the job.

Born in Texas, he moved to California in 1958.

He leaves a wife, Betty, daughters Oma, Tina, Tammy and Vanetta, and sons Kentrell and Marcus. His parents, Mr. and Mrs. Lee Roquemore, four brothers, six sisters, and three grandchildren also survive him.

Interment was held in Dallas, Tex.

UNC's Dr. Parkos available April 21

Dr. William Parkos, Academic Advisor from the University of Northern Colorado, will be at Naval Regional Medical Center Oakland (Bldg. 500, third floor, outside dining hall) on April 21 from 10 a.m. to 1 p.m.

All present and prospective students are encouraged to see Dr. Parkos on questions about the master's degree program with emphasis on health care

administration.

This business administration program is offered by the university on a weekend seminar format at Treasure Island.

For more information, or to make an appointment with Dr. Parkos, call Mrs. Susan Bier, 397-1079 or Autovon 869-6329/6320.

VA debt collection efforts increased

The Veterans Administration's legal office in San Francisco has begun an area-wide effort to collect debts of \$600 or less owed to the VA where the veteran has not made repayment arrangements, District Counsel Raymond Neal reports.

This action is being taken under a delegation of authority from the Department of Justice pursuant to Public Law 96-103, Neal said.

According to Neal, most of the money owed to the VA, both locally and nationally, is the result of educational overpayments to veterans attending school under the G.I. Bill.

There are some 35,856 educational overpayment cases in the Northern California area representing debts, totaling \$11,365,989.

Before a suit is filed, Neal said, the local District Counsel Office notifies

the veteran by letter of his or her indebtedness.

He emphasized that the veteran has 15 days in which to respond to the letter before court action is taken.

Before the delegation, which went into effect Oct. 1, 1979, collection action in debts owed to the Veterans Administration of \$600 or less was terminated if VA's administrative collection efforts were unsuccessful.

Debts of over \$600 were, and still are, Neal said, referred to the Department of Justice for collection.

The San Francisco District Counsel Office, located at 211 Main Street (corner of Main & Howard), is one of 10 pilot district counsel offices in the United States now authorized by the VA to litigate debts of \$600 or less owed to the agency.

Navy takes gold

A Navy two-man bobsled, driven by Boatswain's Mate First Class Bill Renton with Quartermaster First Class Rich Peters on the brakes, won the coveted North American Championship Race in Lake Placid, N. Y., earlier this month.

It was the tenth time since 1967 that a Navy entry has won gold medals in this event.

Officers' club notes

Mark your calendar for "Italian Night," April 15, beginning at 5 p.m. All the spaghetti, lasagne, garlic bread and salad you can eat for \$2.

...

Club now open for lunch Monday through Friday, 11 a.m. to 1:30 p.m. Hot plate special every day. New menu.

...

Special seafood buffet, May 9, 6:30 p.m., followed by live band entertainment.

...

Pizza every Tuesday, beginning at 4:30 p.m. Low, low prices.

...

In the planning—Prime Rib Night (competitive with steak house chain restaurant prices).

First issue of the social calendar will soon "hit the streets." If you'd like a copy of the first issue (covering May activities) see Mike Mocklin, club manager.

April - Cancer Control Month



Cut out this easy reminder and attach it to some convenient spot, like the back of the bathroom mirror

Seven Warning Signals

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness

If you have a warning signal, see your doctor.

For your info---



THE WAY THEY WERE—Three classmates of Company B-15-62 at U.S. Naval Hospital Corps School, San Diego, graduated March 1, 1962. Eighteen years later, the same trio is assigned to the Naval Regional Medical Center Oakland staff. Can you identify them? Keep this clipping and compare with up-to-date photos and IDs next issue.

Navy notes from sea and beach

EXHAUSTS AREN'T NECESSARILY EXHAUSTED

Large diesel engines such as those used by utilities to generate electrical power are approximately 35 percent efficient. Consequently, 65 percent of the energy value of the fuel consumed is wasted. The Navy and the Department of Energy (DOE) have teamed up to tap into that 65 percent in a project aimed at reducing fuel consumption 10 percent.

An Organic Rankine Cycle Bottoming System (ORC) is slated to be installed at NAS Bermuda. It will use exhaust gases from five diesel engines to boil an organic working fluid, converting the wasted heat into a high pressure gas. The gas will be piped through a combination turbine/condenser which will convert energy from the gas into electricity.

Using 1979 oil cost figures—already a matter of history—it is expected the \$1.2 million system will pay for itself in six years. If successful, it could be the prelude to installation of eight other ORC systems at naval facilities, which could save as much as 70,000 barrels of increasingly scarce oil annually.

Installation of the system at NAS Bermuda is scheduled to start this fall, and it will be "on line" in January 1981. DOE hopes demonstration of this system will promote use of ORC systems at industrial sites, municipal power plants, and at other Department of Defense facilities.

HELP IN 'GETTING YOURS' AVAILABLE

The 1980 edition of the Veterans Administration's booklet, "Federal Benefits for Veterans and Dependents" is off to the press and available for \$2 through the Superintendent of Documents, Washington, D. C. 20402. The 73-page volume updates info on benefits available to veterans and their dependents.

TWENTY SHIPS TO RETIRE IN FY81

Twenty ships will be retired from service during FY 1981. Those tentative plans were announced by the Navy in late February.

Three ships on the retirement slate are active fleet units, three are from the Naval Fleet Auxiliary Force (NFAF), and the remaining 14 are Naval Reserve Force (NRF) units.

Two of the 20 ships being considered for retirement are nuclear powered ballistic missile submarines—USS THEODORE ROOSEVELT (SSBN 600) and USS ABRAHAM LINCOLN (SSBN 602). They are under consideration because with introduction of the first Trident submarine in FY 1981, Salt I limits on the maximum number of SLBM launchers will be exceeded. Both submarines will have to be dismantled (missile tubes/compartments removed) as compensation when USS OHIO goes on sea trials.

The average age of the remaining 18 ships is more than 35 years. Modernization costs for these ships would be far greater than benefits derived from their continued service.

These ships are scheduled for retirement from the active fleet: USS BRYCE CANYON (AD 36), USS THEODORE ROOSEVELT, and USS ABRAHAM LINCOLN.

Three NFAF ships will retire. They are: USNS MISPELLION (T-AO 107), USNS ATAKAPA (T-ATF 149), and USNS MOSOPELIA (T-ATF 158).

The remaining 14 retirees are from the NRF. They are USS HENDERSON (DD 785), USS CORRY (DD 817), USS JOHNSTON (DD 821), USS ROBERT H. MCCARD (DD 822), USS CARPENTER (DD 825), USS ROBERT A. OWNES (DD 827), USS FISKE (DD 842), USS VOGELGESANG (DD 862), USS STEINAKER (DD 863), USS DAMATO (DD 871), USS ROGERS (DD 876), USS DYESS (DD 880), USS NEWMAN K. PERRY (DD 883), and USS ORLECK (DD 886).

Five ships will be transferred from the active fleet to the Naval Reserve Force. They are: USS PYRO (AE 24), USS MOBILE (LKA 115), USS EL PASO (LKA 117), USS BOULDER (LST 1190), and USS RACINE (LST 1191).

During FY 1981 the Navy is scheduled to commission or place in active service 25 ships including: two fleet tugs, one destroyer tender, one oiler, one submarine tender, one guided missile cruiser, three guided missile destroyers, eight guided missile frigates, two patrol combatants, one ballistic missile submarine, and five attack submarines.

The FY 1980 Navy has 540 ships, including active, NRF and NFAF ships. Including retirements slated for FY 1981 and new ships entering the fleet during the same period, the comparable figure for FY 1981 is 544 ships.

NINE FFG'S TO MAYPORT—SIX TO LONG BEACH

The Navy has announced tentative homeporting plans for the next 15 Oliver Hazard Perry-class (FFG 7) frigates. Nine will join the lead ship already at Mayport Fla., while an additional six will be assigned to Long Beach, Calif.

These 15 ships are slated to enter the fleet by the end of 1981.

Qs and As of photo art

By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)



Q: I was given an old 35mm camera that does not have a built-in exposure meter. Short of spending between \$50 and \$100 on an accessory light meter is there any method I can use with this camera and still get good exposures?

A: Yes there is, and it's known as the "Sunny 16 Rule." First refer to the ASA rating of whatever film you're using and adjust the shutter speed dial of your camera to that speed which is closest to the film speed (ASA) you're using (i.e., ASA 64, use 1/60th; ASA 100, use 1/125th; ASA 400, use 1/500th;). Then (assuming it's a bright sunny day) adjust the aperture lens ring to f/16 and start shooting. When it's bright outside but overcast, try f/11 and when very overcast use f/8. This technique works well in a pinch, too, should the meter in your regular camera ever go on the blink. If this

seems too difficult to remember, the same information is on the film sheet packed with every roll (Kodak) film.

Q: Is there a recommended focal length lens to use when shooting portrait-type pictures with a 35mm camera?

A: The most frequently used lenses fall into the 85 to 135 mm medium telephoto range. Although theory you may use any lens you desire for portraiture (including wide-angles) the shorter focal length lenses will unnecessarily add distortion to people's faces and bodies, creating caricatures of sorts. If you do a lot of portrait type shots of friends (and want to keep them as friends!) it might be worth your while to invest in a good quality medium telephoto lens.

Women bowlers sought for meet

Naval Regional Medical Center Oakland's women bowlers are invited to join a north district tournament to be held April 28-30 on Treasure Island.

Eighteen games (singles only) will be bowled in increments of six games over a three-day period.

The tourney is open to all active duty Navy, Marine Corps and Coast Guard personnel within the Eleventh Naval District North. Due to the small number of participants in recent years, a spokesman said there will not be an average require-

ment for this meet.

Awards will be presented to the six highest individual scorers and a high game and high series award will also be presented. To qualify for the high series, the series must be rolled in either the first three or the second three games rolled in each of the tournament days. A high game may be rolled at any time.

Bowlers will meet on the opening day at 12 noon at the TI Bowling Lanes.

For further information, call Rod Brown, Ext. 2479.

Ping-pong champs decided May 10

Both the Eleventh Naval District (North) Men and Women's Table Tennis Championships will be held at Naval Support Activity, Mare Island, on May 10, commencing at 9 a.m.

All participants must register with the tournament directors no later than 9 a.m. on that date—women at the Rodman Center Gymnasium and men at the Owen Center Gymnasium.

Both tournaments will be double-

loss elimination type in singles only with each command limited to four single entries each. Team scoring will be on the basis of one point for each match won in the winners bracket and one-half point for each match won in the losers bracket.

Awards will be presented to the top four winners in both tournaments.

For further information, contact Rod Brown, Ext. 2350 or 2479.

District racquetball at Alameda May 5-9

The district-sponsored Men's Open Singles Racquetball Championships are scheduled for play May 5-9 at Naval Air Station Alameda.

Team scoring will be on the basis of one point for each match won in the winners bracket and a half-point for each match won in the losers bracket.

Each command may enter a maximum number of four singles players. Participants must be listed in order of seed.

Refer additional questions to Rod Brown, Special Services, Ext. 2350 or 2479.

Windy City's own decommissioned

The guided missile cruiser USS CHICAGO (CG 11) was decommissioned at San Diego ceremonies on March 1.

Originally commissioned in 1945 as the third ship to bear the name, the heavy cruiser USS CHICAGO (CA 136) was converted to a guided missile cruiser in 1964. She made nine deployments to the Western Pacific since being rebuilt as a guided missile ship.

People make news ---

Local nurses certified critical care specialists

Lieutenant Commander Gale Probst and Lieutenant (junior grade) Sandy Youmatz, two Navy Nurse Corps officers stationed at Naval Regional Medical Center Oakland, have recently been certified as critical care specialists and registered by the American Association of Critical Care Nurses.

Certification was gained following their successful passing of an intensive, four-hour examination covering cardiovascular, renal/metabolic, pulmonary, psychosocial and neurological topics.

The two nurses are believed to be the first to have received their CCRN title

while stationed here. Commander Probst is charge nurse of the Emergency Room and Lieutenant Youmatz, assigned to the Coronary Care Unit, instructs a quarterly CCU course at the center (see story elsewhere this issue).

The designation CCRN does **not** stand for critical care registered nurse. Instead, it is a registered service mark that can never be used for anything except the association's certification program.

According to informed sources, the CCRN accreditation can mean a significant salary differential in civilian practice.

Nurse in spotlight:

Runs 7-10 miles a day—(but 'eats to compensate')

She's participated in the 26.3-mile Golden Gate and Mayor's Cup marathons in the Bay Area and a similar one in Richmond, Va. She averages between 7 to 10 miles of running every day (and confesses that she eats to compensate). She also skis at Tahoe often and is said to be a warm, friendly, attractive person well-liked by her fellow Nurse Corps officers. Her name is Lieutenant (junior grade) Marie DiLorenzo.

Naval Regional Medical Center, Oakland is the Navy nurse's first duty station, and no, she is no relation to Lieutenant (junior grade) Cynthia DiLorenzo, Medical Service Corps, of Patient Affairs Service.

Marie DiLorenzo, however, does have a tie here. Lieutenant Commander Judith Rollenhagen, who is now assigned to Oak Knoll's Pediatric Wards, was her Navy recruiter. "She

was great," the younger nurse said, adding that her father, a retired Navy Chief Cryptologic Technician, also exercised much influence over which branch of the service she joined.

Miss DiLorenzo has been assigned to Oakland since November 1977. Most of her duty here has been with the Critical Care Unit on 9 East, but in mid-February she was transferred to the Psychiatry Service staff on 5 South. "I loved working with the people in CCU," she said, "and I'm finding duty in Psychiatry equally enjoyable. Since I've only been here a little over a month, I'm still learning a lot."

Due for rotation in October, she originally planned to leave the active Navy, join the reserves and work toward a master's degree in psychiatric nursing at the Catholic University of America in Washington, D.C. She's most recently changed her mind,

however, and thinks she will postpone those plans for a bit. She is seriously considering staying in the Navy and putting in for overseas duty.

"preferably, at Subic Bay."

From Rockville, Md., Lieutenant DiLorenzo received her bachelor's degree in nursing from Towson State University. She has also taken courses locally at Merritt College and began study with Vista College in February.

One of six children, she has been active in Big Sisters of America and is locally a member of the Human Relations Council.

As a teenager, she worked as a JANGO at Bethesda, liked nursing and decided to make it her career field.

She joined the military because "I wanted the experience, and I wanted to get away and travel." At least half of those desires seem to have already been fulfilled.



LTJG Marie DiLorenzo

Navy selects 45 for PA training

A physician's assistant (PA) warrant officer training board has selected 45 hospital corpsmen to enter training as physician's assistants during FY 1980. They will train in Portsmouth, Va., or San Diego, Calif., in one-year programs combining stringent academic preparation with closely supervised clinical experience. Graduates of the program are offered appointments as PA warrant officers (CWO-2).

PAs perform certain tasks formerly undertaken only by physicians. Working under a physician's supervision, PA's duties primarily include patient contact to obtain medical histories, performance of physical exams, ordering appropriate diagnostic studies, interpreting and recording relevant data from these studies, and prescribing limited treatment.

The current PA program was begun in 1979 to maintain the quality and quantity of health care provided to the Navy community. There are now approximately 230 Navy PAs serving on active duty in medical facilities at major naval installations ashore and aboard aircraft carriers at sea.

Kudos....

LETTERS OF COMMENDATION

Lieutenant Carol Riddell, Nurse Corps, detached.

Lieutenant Commander Mary Ellen Baker, Nurse Corps, retired.

Hospital Corpsman First Class John Lawrence, Military Manpower Service, from Naval and Marine Corps Reserve Center, Alameda.

LETTERS OF APPRECIATION

Lieutenant (junior grade) Richard Bloomquist, detached.

Lieutenant Commander Laurie Johnson, detached.

Hospitalman Debra Jane Henry, detached.

Lieutenant (junior grade) Cathy Wilson, detached.

GOOD CONDUCT AWARDS

Hospital Corpsman Third Class William F. Donohue, ENT Clinic.

Hospital Corpsman Third Class Andre Autry, ENT Clinic.

Hospital Corpsman Second Class Catherine Louise Zolezzi, Operating Room.

Hospital Corpsman Second Class Richard A. Janushan, Operating Management.

Hospital Corpsman Second Class Donald S. Pierron, Laboratory Service.

Hospital Corpsman Eva Uhlig, formerly of Surgical Service, now detached.

Father 'Sam' promoted

Father Sauveur ("Sam") Tambourin, Chaplain Corps, was promoted to the rank of Lieutenant Commander on March 28.

He is a Catholic priest on the Chaplain Service staff.



HARD AT WORK—Office Machine Operator Nancy Compalli sets a "work-horse" duplicator in motion. Central Duplicating, part of Operating Management Service, now occupies Room 3-48-7A in Bldg. 500. The space was previously used by Civilian Payroll. The recent move makes services more accessible. Personnel needing 10 or more copies should use these services to alleviate overuse of smaller machines. Nancy provides the majority of duplicating needs at Naval Regional Medical Center, Oakland, including course materials for schools located here.

Comings and Goings

"Fair winds and following seas" to former staff members who have recently departed this command:

Lieutenant Carol Riddell, Nurse Corps, to Okinawa.

Lieutenant (junior grade) Richard Bloomquist, Medical Service Corps, to USS RANGER.

Lieutenant Commander Laurie Johnson, Nurse Corps, to National Naval Medical Center Bethesda.

Hospitalman Debra Jane Henry, released from active duty.

Lieutenant Commander Lidia Sanseau, Medical Corps, released from active duty.

Lieutenant (junior grade) Cathy Wilson, Nurse Corps, to Adak.

Lieutenant Mike Hansen, Medical Service Corps, released from active duty.

"Welcome aboard" to newly reporting:

Lieutenant Commander Mark Peterson, Medical Corps, Psychiatry staff.

Commander Bernice Spanier, Nurse Corps.

Commander John Edwards, Medical Corps, OB/Gyn Service, ACDUTRA.

Captain James Nelson, Medical Corps, Psychiatry Service, ACDUTRA.

Lieutenant Kathryn Geyer, Nurse Corps.

Ensign Russell Harris, Clinical Clerk.



Speaking of health care

Quakes often produce more than a rumble

By Captain James N. Nelson
Medical Corps, U. S. Naval Reserve

Earthquakes have a tendency to shake people up, both physically and psychologically. Solid ground is usually considered safe and dependable, and when Mother Earth shakes and one cannot escape, it is psychologically very disturbing.

Fortunately, most earth tremors are relatively short and mild, so our body reactions and thoughts are mostly after the tremor is over.

Dr. Karl Bowman, a well-known psychiatrist, described the psychological reactions to an earthquake in Alaska that was the strongest ever recorded. It also lasted about five minutes.

The human body reacts to any stress in a rather general fashion, often called the "flight/fight reaction." Emotions are contagious and when the body is prepared to run or fight, usually someone tries to do just that. What actually happens in a crisis is the emergence of cool leadership, often in a person who has not previously been in a leadership position. With such physical preparedness people often function at times like these beyond their usual level of strength or capability.

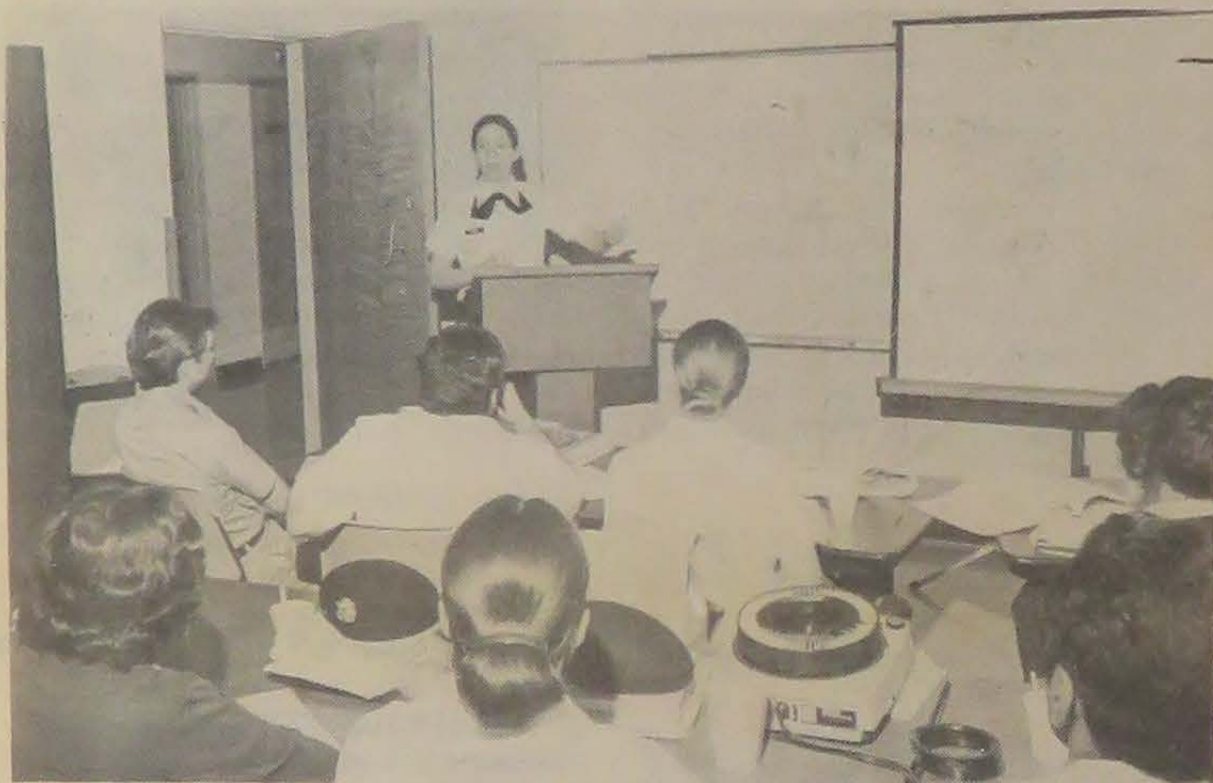
One theory of the behavioral scientist is that the fear of earthquakes is always buried in the unconscious minds of people living in areas of earthquakes and that it is a psychological numbness after the initial psychological shock that one has survived. Any change from a familiar, stable environment to a suddenly unstable situation, such as aftershocks, can produce psychological symptoms.

Dr. Bowman describes irritability and anxiety with the continued aftershocks of the Alaska earthquake. He also mentions humor as a defense mechanism in dealing with anxiety. One of the two schools in his community was destroyed and two schoolgrounds were separated by a deep, large fissure. This led to a problem when students coming to the new school were told, "You come from the other side of the crack." To which they replied, "Yes, but it is not our fault."

One last word of caution noted by behavioral scientists. A universal psychosocial effect of a natural disaster is an increased birth rate for several years.

Basic coronary care course draws Army, Navy students

A basic coronary care course, sponsored by Naval Regional Medical Center Oakland (NRMCO) and coordinated by Lieutenant (junior grade) Sandy Youmatz, was held at Oak Knoll, March 3-14.



CARDIAC INSTRUCTION—Navy Nurse Corps Lieutenant (junior grade) Sandy Youmatz addresses her students on the subject of cardiac disease during a recent coronary care course conducted here. Lieutenant Youmatz was recently certified as a critical care specialist by the American Association of Critical Care Nurses.



INTUBATING—Army civilian registered nurse Lucille Herger of Letterman Army Medical Center inserts an endotracheal tube through a laryngoscope down the throat of a mannequin as part of a recent coronary care course offered at Naval Regional Medical Center Oakland. Monitoring the exercise at right is Navy Dr. Bonnie Potter.



ADMINISTERING OXYGEN—Under instruction of Navy Medical Corps Lieutenant Commander Bonnie Potter, First Lieutenant John Pitacciato of Letterman Army Medical Center practices airway management on a mannequin. The practical exercise was part of a coronary care course held at Oak Knoll.

Most like to tell about their operations; this fellow shows his!

Most people like to *talk* about their operations.

Dale Gumbert, head of Pacific Missile Test Range's still photo lab *shows* people his—on videotape.

Gumbert's five-hour coronary by-pass operation, performed recently at a Van Nuys, Calif. hospital, has been reduced to a 98-minute "thriller" with narration

later dubbed in by the attending surgeon.

The film, which captured the critical elements of the operation which transferred red veins from Gumbert's left leg to the outside wall of his heart to by-pass blocked arteries, is being donated to the Point Mugu, Calif., sick bay for use as a training device.

As for the star of the show, Gumbert reports he feels great.

With the family ---

OTIS has the answer

"Will I be able to get diesel fuel for my car in Sicily?"
"Can I take my children's new swing set to La Maddalena?"

Answers to those questions and others concerning bees in Egypt and employment opportunities for a belly dancer in Rome are but a few questions answered for overseas-bound Navy personnel by the Overseas Transfer Information Service (OTIS) in Washington.

The service, part of the Navy's Human Resource Program, is a phone-in answer point for people who have questions about life for servicemembers and their families in overseas locations.

Currently, OTIS is primarily in the business of answering queries concerning European locations. However, Lieutenant Jestine Thomas, who directs OTIS operations, says the service will expand to cover other locations in the future.

Many questions are repeated frequently. "Is there carpeting in the Navy housing?" "What is the school situation?" "How about medical

facilities?" "Will I be able to get my American car serviced?" Frequently, questions like these can be answered by consulting command Welcome Aboard kits from a particular area. If the questions are of a more specific nature or concern an unusual matter, OTIS staffers pick up the phone and call the area in question or consult a multitude of information sources in order to get the answers.

Many of the people in the OTIS staff who respond to inquiries are volunteers. OTIS is looking for additional volunteers, especially those coming to Washington from overseas locations because they are likely to have a special appreciation for the problems of overseas-bound families.

Servicemembers with questions about specific duty stations to which they have been ordered can call OTIS in Washington at Autovon 224-8392. They or their dependents may call collect from CONUS locations at 202-694-8392.

Good news for families seeking Cal-Vet loans

The Cal-Vet loan program recently received a financial shot in the arm when a \$200 million revenue bond sale was held to finance home loans for veterans.

The recent sale was the first revenue bond issue for the State of California Department of Veterans Affairs. In the past, Cal-Vet home loans have been financed solely through the sale of general obligation bonds.

All loan packages in the Cal-Vet headquarters escrow office will be funded and applicants whose packages are in district offices now can look forward to completion of mortgage loan requests on a statutory priority basis, beginning in mid-April. The department expects to fund most of the applications that were filed before Dec. 7, 1979.

Those loan applications not funded from this sale are expected to be financed from a planned general obligation bond sale, tentatively scheduled for late this month.

The processing of loans was delayed when an unprecedented

volume of applications for Cal-Vet financed farm and home loans caused a drain on available funds.

Smith Barney, Harris Upham and Co. led the team of underwriters handling the bond sale. The revenue bonds were rated AA and aa by Moody's and Standard and Poor's and sold at a net rate of 9.966 percent. There may be a need to increase the interest rate charged to veteran borrowers, but it still will be well under the conventional home mortgage figure.

Cal-Vet loans carry a variable interest rate, which means the increase will be applied to both existing and new mortgage loans. The actual increase will be set by the California Veterans Board with approval of the Veterans' Finance Committee and is expected to take effect sometime during late summer this year.

Although the revenue bond rate exceeds the rate of prior Cal-Vet general obligation bond sales, it is generally agreed the figure is an excellent price in today's soaring market.

Field biology camp for selected kiddies

Parents of youngsters with an unusual flair for the natural sciences may want to consider offering them an unusual outdoor experience in field biology with the East Bay Recreational Park District Interpretive Staff this summer.

Held at remote Camp Ohlone near

Sunol Wilderness, the June 21-29 sessions will be available to 35 boys and girls, age 11-15, who will be selected by written application and personal interview. Total cost is \$115.

For information, write Naturalist Steve Abbors or Simone Dangles at Tilden Nature Area, Berkeley 94708.

The following new additions to the Naval Regional Medical Center Oakland "family" have arrived at Oak Knoll:

A baby boy to Hospital Corpsman First Class Antonio F. Alvarez, Patient Affairs, and his wife Editha, March 21.

A baby boy to Lieutenant Commander Jeffrey H. Licht, Clinical Investigation Center, and his wife Carol, March 23.

A baby girl to Lieutenant Patricia T. and Hospital Corpsman Third Class Thomas O. O'Fallon, both of the Operating Room, March 27.

A baby boy to Lieutenant Harvey L. Simpkins, Physical Therapy, and his wife Dawn, March 28.

Chaplain's Corner:

Who am I?

By Chaplain Floyd C. Ellison
LCDR, CHC, USN

Who am I, really?

Ever ask yourself that question? Most of us have. It is human nature to question and to reason.

Many sense there is something more to know about themselves than they have presently discovered. Some seek to track down the ego through psychiatry or drugs. Others consult horoscopes. Still others turn to palm readings, tarot cards, satanism and cults.



My faith—which presents the spiritual understanding of the teachings of Jesus Christ and makes this understanding practical to this age—brings me a deeply satisfying answer to the question "Who am I, really?" for it teaches that we express God's very being. We are created in God's image, and we know ourselves best when we most clearly reflect God's image of love, truth, life—when we actualize the spiritual inheritance we have been given. I believe that we are fundamentally spiritual beings. Although some have opted to emphasize their physical and mental capacities and have lost a strong sense of their spirituality, we each remain a spiritual being whether we acknowledge it or not.

God is everywhere, enveloping each of us, whether or not we are conscious of the divine embrace. Are the sun's beams less effective because some choose to sit in the shade? The rays of

God shine universally and impartially. Sitting in the shadows and stifling our true nature is of our own choosing.

One of the shadows some choose to sit in is the shadow which holds that God will "fall out of love" with us and destroy us. This pagan concept, still latent to some degree in many of us, of God as a sort of massive force ready to zero-in on helpless humanity to punish or to reward must give way. Such a concept is not the God of love Jesus teaches us to adore. If we still fear a god of wrath, expecting punishment in the form of disease or destruction, aren't we seeing God as "the man up there," vengeful, demanding eye for eye and tooth for tooth? Yet the good news spread by the early Christians tells us "God is love; he who dwells in love dwells in God, and God in him." Can the God who is Love create us and then abandon us to the dictates of supposed powers of stars and elements? Not ever! He knows our weakness, yet calls us "the salt of the earth... the light of the world."

Our identity is found as we accept and reflect this same spirit toward all others. The image in a quiet pool of water is true in every detail to the original. So, our real identity is a perfect reflection of God, who breathed into us the breath of life. Knowing that our perfect selfhood reflects God we endeavor to express Love in compassion and forgiveness. We express Truth in honesty and integrity; Life, in health and activity; Spirit, by accepting our spiritual inheritance as our "real" being. We reflect God, and in accepting our oneness with God, we manifest God-like thoughts, deeds, relationships.

Stepping out of the shadow of human belief, opinion, stigma, we are able to glimpse our real selfhood and find our true identity. We learn the meaning of the biblical statement, "Now we are the sons and daughters of God"... his spiritual offspring.

This is who I am—and you are—really!

Art contest seeks entries

All active duty Navy, Marine Corps and Coast Guard personnel, as well as dependents, reservists, retired and civilian employees, are invited to enter the Eleventh Naval District (North) Art Contest, May 10-31.

The contest is being sponsored by the Navy/Marine Corps Museum, Building 1, Treasure Island.

Any subject may be used and most all media, except sculpture and photographs, will be accepted. Acceptable entries may be oils and acrylics, water colors, pastels, charcoal, pen and pencil and other miscellaneous media which include scratch base.

Artists may submit up to three works in each media, not to exceed five entries total per artist. All work must be framed and ready to hang when presented.

All art work must be delivered to the museum on Treasure Island between 8 a.m., April 26, and 3:30 p.m., May 3. The show will be judged and winners announced at a reception in the museum on Sunday, May 18, at 2 p.m. All works will be available for pickup beginning June 2 from 8 a.m. to 3:30 p.m.

For further information, call (415) 765-6182.

Ring found on base; is it yours?

Any of you ladies out there lose a ring?

Sally Young in Special Services is holding a ring found on the base more

than a month ago.

If you believe it to be yours, call her on Ext. 2479 and provide a full description of the one you lost.



Little acorns. . .

Off duty - -



LOCAL PERFORMER—Hospital Corpsman Third Class Fulton Tashombe and his group "Tashombe" will entertain here at the Corpsmen's Ball on June 20. Shown (l to r): Louis Esclavon, conga; Fillmore Tashombe, bass guitar; Fulton Tashombe, keyboard; Mike Currato, drums and Paul Robinson, guitar.

Patient Affairs staffmember heads professional group

If you haven't had the pleasure of hearing "Tashombe" perform, you can hear them at the Corpsmen's Ball in June.

The group performs frequently at Oak Knoll's Porthole and other Bay Area clubs.

Hospital Corpsman Third Class Fulton Tashombe, who works in Patient Affairs, heads the group on keyboards.

The widower interrupted his music career and joined the Navy in 1977 to care for his daughter, Tava Nayin. Tava, 4, attends the University of California, Berkeley's Preparatory Preschool for exceptional children.

HM3 Tashombe's interest in medical care and decision to join the Navy was influenced by his father, a retired Chief

Hospital Corpsman. His interest in music was inspired by his mother, an attorney.

Tashombe who began playing the piano at four, has worked as a studio musician for a major west coast recording studio. He has recorded and performed with the "O-Jays" and the "Whispers."

The musician concerns himself not only with the technical quality of his performances, but also the visual impact of the show. He's used dancers, special effects, and even a lion to open his act.

The San Francisco native holds a bachelor of arts degree in medical physics from the University of California, Berkeley.

Oak Knoll women claim second

Oak Knoll's defending champion women's volleyball team took second place at this year's Eleventh Naval District North Tournament held at Treasure Island March 21-22.

Powerful Defense Language Institute (DLI) claimed top honors with a 3-1 record.

In the first match on March 21, Oak Knoll defeated Alameda 15-0, 15-12.

The second match against DLI was the crucial one. Oak Knoll was down in the first game 6-14 before rallying furiously, closing the gap 12-14, with DLI finally winning 15-12. The second game and match went to DLI 15-8 over the discouraged Oak Knoll team.

Naval Regional Medical Center Oakland (NRMCO) took it out on hapless Lemoore in the third match on March 22, 15-0 and 15-0.

The tourney's final match turned out to be for second place against Center-

ville Beach, last year's second place finisher. Like last year, the match was a fierce battle with Oak Knoll winning the first game 15-7 and Centerville Beach coming back to win the second 15-13. NRMCO overcame an almost hopeless 9-13 margin to win the deciding game 15-13.

Team captain Barbara Bales, along with Essie Rucker and Angie Hearn, set the pace for the team with their hard spiking abilities. All three were selected but unable to try out for the team representing the Navy in the Interservice Women's Volleyball Championship.

The team finished third in the Eleventh Naval District North Saturday Invitational League behind DLI and Moffett Field. The Saturday Invitational League was played on four consecutive Saturdays from Feb. 23 through March 15.

Varsity baseball still open to women

Although our sports reporter Carol Foley is on the binnacle list, she found enough energy to visit the Oak Leaf Office in her bathrobe to tell us that women are still welcome to join in NRMCO Varsity Baseball.

If interested, see either Don Belt in

Pharmacy or Tiny Geer in Renal Dialysis on the ninth deck.

(P. S. : Carol, although a little weak and wan from pneumonia, is well on the way to recovery and will soon be back rooting for the home teams and telling our readers all about it.)

Discount offered at Disneyland

Southern California's Disneyland will salute the military until June 13 as part of the park's 25th anniversary celebration, offering special-value tickets, a "runaway" mine train adventure and a daily 3 p.m. birthday parade.

For \$6.50 per person, military per-

sonnel can purchase a ticket offering admission and unlimited use of any of Disneyland's many attractions, including the latest addition, "Big Thunder Mountain Railroad."

See Sally in Special Services for further information.

Track, field scheduled

Scheduled events for the 1980 Eleventh Naval District (North) Track and Field are: April 19 and 26 invitationals, both to be held at the Vallejo High School Amador and Nebraska Streets, Vallejo, beginning at 1 p.m.; and May 3, Northern District Championships at Lemoore, Calif., High School, also at 1 p.m.

Track and field events are: Mile; 440; 100; 120-yard high hurdles; 800; 220; two-mile; 180-yard low hurdles; 880 relay, shot; high jump; pole vault; long jump; javelin; discus; hop, step and jump. Women's events include the mile; 100; 220; shot put and long jump.

See Ron Brown in Special Services, or call Ext. 2479 for entry information.

Some areas off-limits

Altho' being quake-proofed Lake Chabot still offers fun

Though it isn't quite "business as usual" during major reconstruction of century-old Lake Chabot Dam, the bustling Chabot Marina will continue in operation throughout the year, Bob Daskam, East Bay Regional Park District (EBRPD) supervisor, promises.

"Who knows, with the water drained down, maybe the fishing will be even better," he added.

The popular urban lake in the regional parklands above Castro Valley and San Leandro is undergoing major trauma during the \$4.9 million project to strengthen the dam for greater earthquake safety and enlarge the spillway.

Draining of the water began a couple of weeks ago and will continue until the level is dropped 15 to 17 feet, probably soon, leaving raw muddy beaches around the shores of the 315-acre lake and taking the "floating power" out from under the many boat and fishing docks.

East Bay Municipal Utility District, (EBMUD), which uses the lake as a standby reservoir and is doing the reconstruction, hopes to have the job done before next winter.

"We've had good crowds of fishermen, joggers, hikers and picnickers and everyone is puzzled about what's going on," Supervisor Daskam said. "The rumors have been flying, too, among the fishermen particularly."

The main boat rental dock has already been shifted about 300 yards up the lake from the old marina, restaurant and bait-license shop. Nine fishing docks, including a special one for the handicapped, have been towed out to deep water and tied down to Live Oak Island.

Daskam said they are renting boats

from the newly-located docks—usual—rowboats to row or to attach motor, paddle-boats and canoes. Electric boats will be going out as soon as a power line is run down to the site, so that batteries can be recharged on the spot.

"We even have another load of fish coming in," Daskam said. "With the water's way down and the fish confined to a smaller body of water, the fishing should be better. There are lots in there, including catfish and rainbow bows that have been planted this winter and spring."

But, a plea for hikers and fishermen to heed some common-sense safety rules during the current upheaval came from Daskam and EBRPD Zone Manager Milton McNeill.

The area around the dam, on the north end of the lake opposite the marina, is always off-limits, but not the enforcement of restrictions is being stepped up.

EBMUD patrolmen are joining staff of EBRPD's Anthony Chabot Regional Park, Chabot Marina and the Public Safety Department to keep up a patrol around the dam and the heavy equipment being used in the project.

Marina staff and the EBRPD helicopter also will be keeping a sharp eye on the latchup of docks around the island, keeping boaters and fishermen out of the area.

"The island is always off limits. If the docks were used, someone might slip while jumping from dock to dock and be crushed," Daskam said.

He also warned that deep, soft muddy spots along the shoreline are dangerous. Other beaches are of sandstone and fine for fishing from shore.

Soloist needed for chapel

Volunteer soloists are needed to occasionally sing during the 10:30 a.m. Sunday Protestant Services at Chapel of Hope.

Both men and women are needed. If interested see Commander John Q. Leshar, Chaplain Service, or call Ext. 2251.

★ ★ ★ MOVIES ★ ★ ★

Friday, April 11, 6 p.m.: NUNZIO—David Proval, James Andronica—Drama/Comedy/R
Saturday, April 12, 2 p.m.: KING ARTHUR, THE YOUNG WARLORD—Liver Tobias, Jack Watson—Action/PG

Saturday, April 12, 3:40 p.m.: THE SHAGGY DA—Dean Jones, Tim Conway—Comedy/G

Sunday, April 13, 6 p.m.: THE PINK PANTHER—David Niven, Peter Sellers—Comedy/G

Monday, April 14, 6 p.m.: SPEED TRAP—Joe Don Baker, Tyne Daly—Action/PG

Tuesday, April 15, 6 p.m.: AND JUSTICE FOR ALL—Al Pacino, Jack Warden—Drama/R

Wednesday, April 16, 6 p.m.: BORN AGAIN—Dean Jones, Anne Francis—Bio/PG

Thursday, April 17, 6 p.m.: THE SILENT PARTNER—Susanna York, Christopher Plummer—Drama/R

Friday, April 18, 6 p.m.: THE CAPTURE OF BIG FOOT—Stafford Morgan, Catherine Hopkins—Drama/PG

Saturday, April 19, 2 p.m.: THE LITTLEST HORSE THIEVES—Alistair Sim, Peter Barkworth—Comedy/G

Saturday, April 19, 3:50 p.m.: THE GREAT SMOKEY ROADBLOCK—Henry Fonda, Eileen Brennan—Action/PG

Sunday, April 20, 6 p.m.: THE BEES—John Saxon, John Carradine—Horror/PG

Monday, April 21, 6 p.m.: NATIONAL LAMPOON'S ANIMAL HOUSE—John Belushi, Tim Matheson—Comedy/R

Tuesday, April 22, 6 p.m.: THE ELECTRIC HORSEMAN—Robert Redford, Jane Fonda—Drama/PG

Wednesday, April 23, 6 p.m.: ARABIAN ADVENTURE—Christopher Lee, Milo O'Shea—Adventure/G

Thursday, April 24, 6 p.m.: GAS PUMP GIRLS—Kristen Baker—Comedy/PG

THE OAK LEAF

Vol. 42, No. 9

Friday, April 25, 1980

Naval Regional Medical Center
Oakland, California

Fund drive to start soon

The annual Navy Relief Fund Drive will officially kick off here and throughout the Navy May 4 and continue through June 6, it has been announced.

Commander Mary L. Rooney, head of Occupational Therapy, has been named project officer at this command. She will be assisted by Ensign Michael Biggs.

Appointed keypersons are: Lieutenant Commander James Bailey, Anesthesiology; Commander Don Siegal and Senior Chief Dental Technician C.E. Juliani, Dental Service; Hospital Corpsman Third Class Bernice Malecha, Dermatology; Ensign William White, Hospital Corpsman First Class Gary Majam and Mr. Gene Sarha, Laboratory Service; Captain Robert Donnell, Medical Service; Ms. Debbie Walden, Neurosurgery; Commander Bernice Spanier, Nursing Service; Lieutenant Commander Michael Wilson, Obstetrics/Gynecology;

Lieutenant William Flittie, Ophthalmology; Chief Hospital Corpsman E. Dadis, Orthopedics; Lieutenant Richard Fulroth, Pediatrics; Lieutenant (junior grade) William Nowling, Pharmacy; Lieutenant (junior grade) William Lowe and Hospital Corpsman Second Class S. J. Gonzalez, Preventive Medicine; Chief Hospital Corpsman K. W. Fuchs, Psychiatry; Captain W. E. Carson, Surgery; Ms. Jane Lippincott, Chaplain Service; Lieutenant Commander Thomas Vandergast, Urology Service, and Chief Hospital Corpsman Eddie Johnson, Clinical Investigation Center. Others were in the process of being named at deadline.

Since its founding in 1904, the Navy Relief Society has been a principal source of emergency assistance to members of the Navy and Marine Corps, both active and retired, as well as their dependents and survivors. Whenever our shipmates have been in need, the Navy Relief Society has res-



ponded with aid in the form of interest-free loans, grants or gratuitous services.

Each year the drive commemorates the famous World War II naval battles of Coral Sea and Midway, which represented turning points in the war in the Pacific.

New OR technicians to graduate here May 2

Operating Room Technician School Class No. 80001 will graduate May 2 in ceremonies beginning at 10 a.m. in the ENT classroom on the fourth floor.

The graduates are completing 26 weeks of instruction, eight of them in didactic instruction on aseptic technique and the remaining weeks in clinical experience in various surgical services.

Hospital Corpsman Third Class Sheriann M. Johnson is the honor student. She will next be assigned to Naval Regional Medical Center Bremerton, Wash.

Other graduates and their new duty stations are: Hospital Corpsman Third Class Karen Edmonds, Camp Lejeune, N. C.; Hospitalman Chris A. Kane, 3rd FSSG, Okinawa, Japan; Hospital Corpsman Third Class William J. Petaccio, 2nd FSSG, Camp Lejeune, N. C.; Hospitalman Jorge E. Quintana, 3rd FSSG, Okinawa, Japan; Hospitalman Michelle M. Welgo, Naval Regional Medical Center, Great Lakes, Ill., and civilian Ailene Byrne, Naval Regional Medical Center Oakland.

Retired Navy nurses to hold reunion at Oak Knoll

Active duty and retired Navy nurses and medical officers, plus their spouses and special friends, are all invited to attend the first reunion of the Bay Area Retired Navy Nurses Association (BARNNA) on May 8-9.

Activities will be centered at Naval Regional Medical Center, 8750 Mountain Boulevard, Oakland, Calif., beginning at 10 a.m., May 8, in the Oak Knoll Officers' Club. A buffet luncheon will follow at a cost of \$6.50 per person.

Luncheon will be followed by a tour of the medical center's nine-floor modern hospital, beginning at 2:30 p.m.

Four separate six-hour bus tours will originate from the Oak Knoll Officers' Club the following morning, starting at 9 a.m. Choices offered are: Visit to Sunset Gardens in Menlo Park, including the magazine publishing house and kitchens and

luncheon at an arts and crafts center, \$10.50; Napa Valley Winery Tour, \$12.75 including luncheon; Muir Woods in Marin County and Ghirardelli Square in San Francisco, \$6.50 bus fare, lunch on your own; Jack London Square and Village, and new Oakland Museum, \$5 bus fare, lunch on your own.

The two-day reunion will conclude with a May 9 banquet at Alameda Officers' Club, beginning at 6:30 p.m., with a cost of \$11.75 per person.

BARNNA was organized in 1964 and the retired Navy nurses meet socially twice a year.

Thusfar, more than 100 reservations have been received from across the nation. Those interested in attending should write Lieutenant Commander Violet Lawlor, U. S. Navy Retired, 4373 Sequoyah Road, Oakland, Calif. 94605, or call her at Area Code 415, 562-4255.

USS WABASH

Oiler crew beats norm in blood donations to NRMCO

As all who are assigned here know, Naval Regional Medical Center Oakland's more seriously ill or injured patients frequently require blood and the need for donors remains a vital and continuous one at this hospital.

Contributions come from naval bases in the area, our own staff blood drives at Oak Knoll, and by individual donation. The precious "gift of life" often comes from the operational Navy as well, and the normal participation rate in these shipboard drives averages 10 to 12 percent of the ship's complement.

USS WABASH (AOR-5), however, surpassed this norm in a big way on April 8, when 91 donors, or 25 percent of the ship's company, donated their blood to this medical center.

"This was an outstanding effort," reported Lieutenant Earl Martin, the center's Blood Bank Officer, "and we'd like to express our sincere appreciation to the captain and crewmembers, with a special thanks to Dr. Bosshardt and the ship's medical department."

The WABASH, homeported at NAS Alameda, returned to the Bay Area on Feb. 25 after nearly a 10-month deployment in the Western Pacific. She and her crew plan to represent the Navy in the Portland, Ore., Rose Festival in June.

The Dr. Bosshardt referred to is Lieutenant Richard Bosshardt, the ship's medical officer, who completed his internship here a year ago. *Oak Leaf* asked the physician how he liked shipboard duty and he told us that it has been a rewarding experience, "lots of fun, too, in visiting foreign ports. It's all in going aboard with the right frame of mind," he advised.

The Laboratory Service donor team who visited the ship to take the donations was comprised of Medical Corps Lieutenant Lawrence T. Smyth; Hospital Corpsman First Class Duane Heglund; Hospital Corpsmen Second Class Richard Rudowski and David Wilkinson; Hospital Corpsmen Third Class Mitch Hirsch and Amy Hirschinger, and Hospitalman Karen Hamel.

As of April 14, 66 units of the blood collected from the WABASH crew had already been transfused and were flowing through the veins of patients at this medical center.

Safety for young passengers concern of today's meeting

Region No. 3 of the California Child Passenger Safety Committee, representing Alameda, Contra Costa, Marin, Napa, Solano and Sonoma counties, will hold its first regional meeting, beginning at 10 a.m. today in the Naval Regional Medical Center Officers' Club.

Current activities in the promotion of child car passenger safety will be reviewed. Dr. Albert Chang, Assistant Professor of Public Health at the University of California School of Public Health, will chair the meeting.

Speakers will also include members from the Regional Office, National Highway Traffic Safety Administration, Department of Motor Vehicles, and other public agencies.

Matthew Riley, Oak Knoll Safety Manager, will represent the medical center as a member of the committee.



FINAL PLANNING STAGE—Committee members organizing the first Paramedic School in the Navy meet to review course curricula and finalize plans. They are: (l to r) Captain Louis Pulicchio, Mr. Brad Martin, Lieutenant Commander Bonnie Potter and Chief Hospital Corpsman Herb Lay. Other committeemen not present for photo are Captain Richard O'Reilly and Commander Patricia Linehan. The first pilot class of 12 students will convene here on Monday.

Editorial ---

NEW U.S.
POLICIES
ANNOUNCED

AFGHANISTAN

In a televised address to the nation on January 4, 1980, President Jimmy Carter set forth new guidelines for this country's policies toward the U.S.S.R. as a result of the Soviet's invasion of Afghanistan.

The new policies include—

- a limited embargo on grain shipments to the Russians,
- barring the sales of high technology and other strategic items until further notice, and
- deferring cultural exchanges between the two nations.

Summing up the Administration's new policies, President Carter said: "Neither the United States nor any other nation which is committed to world peace and stability can continue to do business as usual with the Soviet Union."



FACTS AND FIGURES

Geography: With an area of approximately 260,000 square miles, Afghanistan compares in size with the State of Texas. It is a landlocked country with borders on the U.S.S.R., Iran, Pakistan, and the People's Republic of China. Mountains and arid deserts comprise the majority of the land and are interspersed by small, fertile valleys. The capital city is Kabul. Other major cities Kandahar, Herat, and Mazar-e-Sharif.

People: From centuries astride the trade and invasion routes from central Asia into the Middle East and the Indian subcontinent, Afghanistan has an ethnically mixed population. An estimated 18-20 million citizens share the three major languages—Afghan Persian (Dari), Pushtu—the language of the largest ethnic group—and Turki. It is a Muslim nation in which the Koran plays an important role in daily life and forms the basis for the religious and judicial codes. Clerics are opinion-moulders and serve as legal arbiters and teachers. Approximately 90 percent of the Afghans are members of the Sunni sect of Islam, 10 percent follow the Shi'a branch.

Government: Afghanistan has had a series of governments since the mid-1973 military coup which overthrew the limited monarchy, suspended the Constitution, and abolished the Shura (Parliament). The coup's leaders were in turn overthrown in April 1978. In December 1979, Russian troops invaded Afghanistan to overthrow the government of Hafizullah Amin and install in his place a Soviet puppet, Babrak Karmal. By mid-January 1980 an estimated 50,000 Russian troops were in control of major population centers in the country. To complete the occupation quickly, they used the highways built for the Afghans as part of the Russian aid programs of the 1970s.

Economy: Basically a non-industrialized, feudal society in which more than 70 percent of the population has little or no contact with the central government, Afghanistan's largest export is natural gas to the U.S.S.R. Russia has given the country an estimated \$1.5 billion in economic aid and constructed many of the highways which were used in the invasion.

Part IV (final)

Defense Energy: Update on a grave problem

By George Marienthal
Deputy Assistant Secretary of Defense
(Energy, Environment and Safety)

The Defense Energy Management Plan's third goal concerns energy technology demonstrations, often in concert with DoE. Our objectives here are to reduce energy consumption, with its concomitant dependence on foreign suppliers, while accelerating the development and early commercialization of new energy technologies.

Initial steps expensive

The initial outputs of emerging technologies are necessarily expensive, since their research and development costs have not yet been amortized widely through mass production. Yet unless new technology is cost effective, few customers will make an investment that could push the unit costs downwards. To break this vicious cycle, the government has sometimes elected to employ a strategy to purchase new technology products early, employing them where they make the most sense (although perhaps not yet cost effective), and by so doing provide a catalyst to the industry. This strategy worked well in the semiconductor field, driving unit cost down from an exorbitant figure to a level well within the price range affordable by the average American. The government is now applying this strategy to photovoltaics, the science of producing electricity directly from sunlight using silicon cells.

Photovoltaics on Mt. Laguna

In August, we opened the largest photovoltaic display in the world at the Air Force radar tracking station on Mt. Laguna in southern California. While quite modest in size at 60 Kw, and very expensive (\$1.5 million for the installation), this station will permit very detailed monitoring of operations and costs, and pave the way for even larger projects. Coincidentally, it will also save some 12,000 gallons of diesel fuel from being trucked about 50 miles into the mountains each year. The cost of solar cells has been reduced by half since the cells were purchased for Mt. Laguna, and breakthroughs in growing and cutting the silicon crystals needed

for the cells are expected to make photovoltaics competitive with other forms of electrical generation by 1985. Employment at remote sites, such as Mt. Laguna, should achieve cost effectiveness even before this.

Solar heating cooling

Other exciting projects in the field of new energy technologies involve solar heating and cooling at a number of locations and a wood-burning boiler for space heating at Ft. Stewart in Georgia. Geothermal power, using the heat from sub-surface hot water, is being developed at several locations. At the Navy's weapon testing station at China Lake, Calif., geothermal power will generate electricity from turbines especially designed to withstand the caustic effects of high-sulfur hot water. Geothermal power will be heating a 200,000 square foot warehouse at

Continued to Page 3

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Herstenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Two former corpsmen commissioned in Medical Service Corps

Two former hospital corpsmen at this command are now officers in the Medical Service Corps, U.S. Naval Reserve. They are former Hospital Corpsman First Class Ivory W. Taylor of the Preventive Medicine Technician School staff, now a Lieutenant (junior grade), and former Hospital Corpsman Third Class Teresa L. Szarejko of Hematology Laboratory Services, recently commissioned Ensign.



NEW MSC—New Navy Medical Service Corps Ensign Teresa L. Szarejko will be assigned to National Naval Medical Center Bethesda following a five-week officer indoctrination course at Newport, R.I.

Miss Szarejko will leave Monday for a five-week officer indoctrination class at Newport, R.I., followed by new duty at National Naval Medical Center Bethesda. Mr. Taylor will depart Tuesday for a new billet as Fiscal Management Officer at Naval Regional Dental Center, Newport, R.I.

Ensign Szarejko, 26, the daughter of Mr. and Mrs. Joseph Szarejko of Harkimer, N.Y., had been assigned here for the past seven months. She has two and a half years' Navy service, with prior assignments at Quantico, Va.; Orlando, Fla.; and Great Lakes, Ill. She received a bachelor of science degree in medical technology from D'Youville College, Buffalo, N.Y., is a registered medical technician and an

affiliate member of the American Society of Clinical Pathologists. Based on her age, degree and certification, she applied and was accepted for commissioning.

Lieutenant Taylor, a graduate of high school in Denver, obtained a bachelor of arts from Chapman College in California, and completed requirements for a master of science through the University of Northern California last month. He has 13 years in the Navy and has served in Okinawa with the Marines, at Camp Pendleton (twice), at Moffett Field, NAS Lemoore, San Diego, and aboard the USS CORAL SEA (CV 43). He has been assigned to Naval Regional Medical Center Oakland since September 1978.

Ensign Szarejko would like to specialize in laboratory administration and make the Navy a career, while Lieutenant Taylor's career goal is to become Director of Administrative Services for a major medical center.



I'LL TAKE IT—New Ensign Teresa L. Szarejko borrows the admiral's desk to sign her officer appointment acceptance and oath of office during a recent commissioning ceremony which converted the former Laboratory Service corpsman to officer rank.

Miss Szarejko said, "I am very proud to be a naval officer and I hope to uphold the tradition." Mr. Taylor said he was very happy about his commissioning, adding, "It's been my foremost goal, and I've worked for it a very long time."

Lieutenant Taylor holds the Navy Unit Commendation, the Meritorious Unit Commendation, the Good Conduct Award, National Defense, Armed

Forces Expeditionary, Vietnamese Cross of Gallantry and other Vietnamese campaign decorations. He and his wife Christine have been making their home in Union City and he enjoys hobbies of camping, biking, fishing, jogging and basketball.

Ensign Szarejko has been living in Hayward and pursues off-duty interests in sewing, biking, reading, swimming and gourmet cooking.



THE OFFICER LOOK—Newly commissioned Lieutenant (junior grade) Ivory W. Taylor checks the tilt of his hat as he dons a Navy officer's uniform for the first time. The former Hospital Corpsman First Class of the Preventive Medicine Technician School will leave next week for a new billet as Fiscal Management Officer at Naval Regional Dental Center, Newport, R.I.

Emergency care course to be held here in June

All interested Nursing Service personnel are urged to submit their request as soon as possible, and no later than May 19, for an Emergency Care Providers Course to be held here June 16-27.

The course is designed to give knowledge base and expertise necessary to better care for patients in an emergency room setting. Some of the topics to be presented are clinical assessment, chest trauma, the M.I. patient, OB-Gyn emergencies, and many, many more. The instruction is designed for the professional nurse. Corpsmen participation is also invited and encouraged.

Call Nursing Education at Ext. 2003 for further information.

Energy update

(Continued from Page 2)

Hill AFB in Utah. The Navy's base at Keflavik, Iceland, is being connected to that city's geothermal distribution system.

Energy showcases

As a final part of the demonstration goal, three bases, representing the three military departments and three regions of the country, are being developed as energy showcases. These bases will employ a number of energy technologies, some already cost-effective and some in the developmental stages. The purpose of these showcases is to save fuel, of course, but also to establish a standard of energy efficiency which can be used to compare other efforts in the future. Finally, by choosing sites for the showcases near large metropolitan areas—Norfolk, Va. (Navy), Sacramento, Calif. (Air Force) and Texarkana, Tex. (Army)—it is expected that thousands of civilian visitors will see firsthand what is possible in energy efficiency.

Energy Conservation

The last of the four broad goals of the Defense Energy Management Plan is critical in the short term: energy conservation. The President directed a 20 percent per square foot reduction of energy use for existing buildings in the decade between 1975 and 1985, and a 45 percent reduction for new buildings against the standard of energy use present in 1975. To achieve the first aim, the Department of Defense determined that 8 percent of the 20 percent could be achieved by management actions, namely, eliminating waste through personnel actions. The remaining 12 percent would be achieved by material means.

An energy conservation investment program was established which determined a formula for measuring potential projects. Such projects must be cost-effective over the life of the material, i.e., they would pay for themselves. In addition, each project was analyzed for fuel which could be saved per dollar invested, and the first projects programmed were those which provided the greatest energy savings. Subsequent projects will continue to be evaluated against this formula, so that we are assured that taxpayer dollars are being applied in the most cost-beneficial way. To date we have programmed \$645 million into the energy conservation investment program.

Zero growth goal

Our goal in the operational sector for mobility fuels is zero energy growth, i.e., the same fuel usage as 1975. We believe that this level is the minimum possible to maintain combat readiness consistent with national security objectives. There have been many innovations to use simulators and increase fuel efficiency in current weapons systems, however. This allows new sophisticated systems to come on line with greater capabilities and greater energy appetites, while we continue to meet or better our zero energy growth goal.

Progress report

How are we doing in DoD against the President's goals? Overall, DoD has reduced fuel consumption 8.8 percent from the base of 1975. But some of this reduction has been through a reduction in flying hours and steaming days. Installation energy usage has not been meeting the two percent per square foot per year timeline. There are a number of reasons for this, but we still must improve our performance in this vital area. DoD took a number of significant steps at the time of and immediately following the 1973 oil embargo, which eliminated the most obvious energy waste before the base year of 1975. While this did put us ahead in saving fuel, it also made it more difficult to meet the current reduction goals.

Another factor which has impacted negatively on our installation energy goals has been the inordinately cold recent winters. We may actually be doing better in energy conservation than is evident in the gross fuel statistics. When measured against degree days, our progress looks better. Degree days are the sum of the number of degrees from 65° to the daily mean and are totaled for the month or the season. We are establishing means to compare usage against degree days to give installation commanders a yardstick to measure progress. This will not, however, eliminate or modify the necessity for meeting Presidential goals by 1985.

It appeared initially that the goal of 45 percent reduction in projected energy use in new buildings would be very difficult to achieve. As we have learned more about both passive and active systems for efficient energy use, we predict that we will achieve and perhaps surpass the Presidential goals in this area.

We can do better

There are some energy analysts who believe that up to 30 percent of installation energy consumption can be saved through conservation. While this may appear much too optimistic, it is clear that we can do better than we have previously. There are too many people, both in uniform and out, who believe that the energy crisis is an imaginary crisis, dreamed up to fill the needs of politicians and large oil companies. To counter that erroneous conception, the Department of Defense has initiated a number of programs to convince its civilian and military that self-interest and energy conservation have become synonymous. To be successful, an energy conservation program requires literally millions of personal decisions every day. Each person daily makes perhaps a dozen or more unconscious decisions to turn off lights or not, to run the hot water, to tamper with the thermostat, and to utilize mass transit. A personal commitment is needed from all to reach our goals.

For your info - - -

—Federal laws limit vote interference—

While members of the Armed Forces are encouraged to register and vote and to take part in other permitted voting activities, there are specific types of political activity prohibited by law.

So, legally speaking, here's what the Federal statutes say about political activities in specific areas—

- It is unlawful for any commissioned, noncommissioned, warrant, or petty officer in the Armed Forces to (1) attempt to influence any member of the Armed Forces to vote or not to vote for any particular candidate, or (2) require any member of the Armed Forces to march to any polling place or place of voting. Title 42, U.S.C., 1973cc-24

- It is unlawful for an officer or other person in the civil, military, or naval service of the United States to order, bring, or keep or have under his authority or control any troops or armed men at any place where a general or special election is being held unless such force is necessary to repel armed enemies of the United States. Title 18, U.S.C., 592.

- It is unlawful for an officer or member of the Armed Forces to prescribe or fix, or attempt to prescribe or fix, the qualifications of voters in any election in any State; to prevent or attempt to prevent any qualified voter from exercising the right of suffrage; to compel or attempt to compel any election officer to receive a vote from a person not legally qualified to vote; to impose or attempt to impose any regulations for conducting any general or special election in a State; or to interfere in any manner with an election officer's discharge of his duties. Title 18, U.S.C. 593.

- It is unlawful to intimidate, threaten, coerce, or attempt to do so, any persons for the purposes of interfering with the right of such persons to vote or for whom to vote. Title 18, U.S.C., 594

- It is unlawful for anyone,

within or without the Armed Forces, to poll any member of such forces, in or out of the United States, either before or after a ballot is cast, with reference to the choice of the vote for any candidate, or to state or publish any result of such poll. Title 18, U.S.C. 596.

- It is unlawful for a Senator or Representative in, or Delegate or Resident Commissioner to, or a candidate for Congress, or an individual elected as Senator, Representative, Delegate, or Resident Commissioner, or for an officer or employee of the United States or a person receiving any salary from money de-

election⁸⁰

rived from the Treasury of the United States to directly or indirectly solicit, receive, or in any manner be concerned with such activities, any assessment, subscription, or contribution for any political purpose whatever. Title 18, U.S.C. 602.

- It is unlawful to solicit or receive any money or other thing of value for any political purpose in any fort, Navy yard, or arsenal or in any room or building occupied in the discharge of official duties by any person being a Senator, Representative, Delegate, Resident Commissioner, candidate for Congress, or by an officer or employee of the United States or a person receiving any salary or compensation for services from money derived from the Treasury of the United States. Title 18, U.S.C. 603.

- It is unlawful for an offi-

cer or employee of the United States to promote, discharge, demote, or degrade in any manner or change the rank or compensation of another officer or employee, or threaten or promise to do so, for giving, withholding, or neglecting to make any contribution of money or other valuable thing for any political purpose. Title 18, U.S.C. 606.

- It is unlawful for an officer, clerk, or other person in the service of the United States to give to any other officer, clerk, or person in such service or to any Senator or Member of or Delegate to Congress or Resident Commissioner any money or other valuable thing on account of or to be applied to the promotion of any political object. Title 18, U.S.C. 607.

- It is unlawful for any person, with certain exceptions for a candidate's immediate family, to make contributions to any candidate with respect to any election for Federal office which, in the aggregate, exceed \$1,000. No individual shall make contributions aggregating more than \$25,000 in any calendar year. Title 2, U.S.C. 441a.

- It is unlawful to make a contribution in the name of another person or to permit the use of one's own name for such contribution. Title 2, U.S.C. 441f.

- It is unlawful for anyone while an elected or appointed officer or employee of any branch of the Federal Government to accept any honorarium of more than \$2,000, or to accept honorariums aggregating more than \$25,000 in any calendar year. Title 2, U.S.C. 441i.



Reset!
**Daylight
Saving
Time**

Sunday, April 27

Typist(s) sought

Applications will be accepted throughout the remainder of the calendar year for Clerk-Typist, GS-3 (\$10,144 to \$12,826 per year) or GS-4 (\$11,054 to \$14,069), in the Clinical Systems Section of Management Information Service at Oak Knoll.

Career and Career Conditional employees of federal activities in the Bay Area, VRA eligibles, reinstatement eligibles and applicants within reach of the appropriate Office of Personnel Management register will be considered.

If an insufficient number of highly qualified applicants is received at the higher grade level, selection may be made at the GS-3 level, with promotion to GS-4 without further competition after meeting training and time-in-grade requirements.

The typist selected will serve as a medical transcriber and operate computerized word processing system components; perform various general office duties such as answering the telephone and referring callers; filing, maintaining adequate stock of office supplies and typing miscellaneous documents.

More details may be obtained from Bertha Snively in Civilian Personnel Service, telephone 639-2116.

Reform bill would reduce October pay adjustment

Passage of President Carter's proposed pay reform legislation would reduce Federal payroll expenditures for Fiscal 1981 more than \$2.8 billion from their expected level under current law, according to Dr. Alan K. Campbell, director of the U. S. Office of Personnel Management.

Campbell emphasized that passage of the legislation, the Federal Employees Compensation Reform Bill (S. 1340, HR 4477) will not mean pay cuts for military or civilian employees. The budget savings would result because pay increases under the legislation are expected to be smaller than they would be if the present statute remained in effect.

Government projections show that the October 1980 adjustment to Federal salaries as required by current law would result in a 10.9 percent raise for Federal employees. If the President's proposed legislation is enacted, in Fiscal 1981, military personnel would receive a 7.4 percent pay

raise. Federal civilian employees would receive a 6.2 percent raise as a result of the total compensation comparability provisions of the bill. The smaller raises would allow the government to avoid spending \$945 million in military and \$1.85 billion in civilian pay.

The pay reform legislation would make future adjustments by:

- Taking into account fringe benefits in addition to pay when setting Federal compensation rates.
- Measuring the pay and benefits of the 13 million state and local government workers when making surveys of non-Federal compensation.
- Establishing most white-collar salaries based on differences in pay for similar work among different localities.
- Bringing Federal compensation rates and practices for blue-collar workers more closely in line with prevailing rates and practices in the private sector.

Navy auditors visit Oak Knoll for periodic, routine check

A routine periodic internal audit will be conducted at Naval Regional Medical Center, Oakland over the next three months. A Navy auditing team arrived here April 14 and will maintain offices in the Public Works Bldg.

Every effort should be made to cooperate with team members as they pursue

their task.

A hearty welcome aboard is extended to auditors: Captain R. Bechtelheimer, Russell Boster, Linda Chow, Irwin Forbes, Robert Furstenthal, Bettye Jacobs, Richard Jones and Leland Lee.

People make news ---

Nurse in spotlight:

Coast Guard dad swore her into Navy



WATCHING OVER A WEE ONE—Lieutenant Christine Glass checks out the monitor over the isolette housing a tiny infant in the Intensive Care Nursery.

Lieutenant Christine M. Glass, staff nurse in the Intensive Care Nursery, is due to leave the Navy in late May.

But she plans on applying for the active reserves, and has not ruled out the possibility of reapplying for admission into active service. "The Navy has given me nothing but good experiences," she said, continuing that she felt the time was right, however, to explore other avenues such as working in a nursery, returning to a nurse practitioner program, or perhaps taking other classes.

The daughter of retired Coast Guard Captain and Mrs. Charles J. Glass of Kensington, Md., was influenced in joining the Navy by her father, who also swore her in.

She received her bachelor of science in nursing from Catholic University, Washington, D. C. In the following five years of Navy duty, she has been assigned to Naval Regional Medical Center Portsmouth, Va., the Naval Hospital at Roosevelt Roads, Puerto Rico, and at Oak Knoll, arriving here one year ago.

Miss Glass, who lives in Oakland, enjoys hobbies of sewing, reading, gardening, cooking, sailing and yoga.

Kudos.

LETTER OF APPRECIATION

Chief Hospital Corpsman Ida Gardiner, formerly of Laboratory Service, now transferred to Okinawa.

GOOD CONDUCT AWARDS

Hospital Corpsman First Class Ann C. Gray, Military Manpower Service, second award.

Hospital Corpsman Third Class William P. Budrewicz, Radiology/Nuclear Medicine.

LENGTH OF SERVICE AWARDS

Navy Exchange civilian employees: Erlene Ferguson and Grace Kressel, each with 15 years' service; Gerry Garcia, Carrie Getridge, Earl Johnston, Cesar Olachea, Dorothy Walton, Gerry Warfield and Betty Williams, 10 years

each; Della Barnes, Jeanette Couch, Patricia Gabriel, Tom Miller, Jonnie Penn, Regina Reyes, Beatrice Roberts, Brock Taylor and Juliette Whitt, five years each.

SICK LEAVE ACCRUAL AWARDS

Navy Exchange civilian employees Gerry Garcia, Earl Johnston, Cesar Olachea, John Pearce and Gerry Warfield, for more than 1,000 hours each.

Also, Gloria Deis, Patricia Gabriel, Carrie Getridge, Mary Lingenfilter and Dorothy Walton, more than 500 hours each.

REENLISTMENT

Hospital Corpsman Third Class Donald Brittain, Emergency Room.

---Comings and Goings---

"Fair winds and following seas" to the following personnel who have recently departed this command:

Chief Hospital Corpsman Ida Gardiner, Laboratory Service, to Okinawa. "Welcome aboard" to newly arrived:

Lieutenant Russell Bond, Medical Service Corps, Optometry.

Lieutenant Commander Sue Norton, Nurse Corps.

Ensign Pauline Lenhardt, Nurse Corps.

Ensign Kathrine Copps, Nurse Corps.

Ensign Karen Nielsen, Nurse Corps.

Commander Fred Meltz, Dermatology, ACDUTRA.

Ensign Thomas Geller, Clinical Clerk.

Three to attend tri-service meet

Rear Admiral Walter M. Lonergan, Commanding Officer, Commander Frank Fisher, Director of Administrative Services, and Lieutenant Bruce Custis, Chief of Management Information Service, are expected to attend a West Coast Medical Region II (North) meeting on May 16 at David Grant Medical Center, Travis Air Force Base.

The trio will meet with counterparts of Army and Air Force military medical facilities to discuss matters of mutual interest, including intra-service support, disaster planning, physician recruitment, specialty support and other general assistance items.

Meetings of the review committee are usually held three times a year.



SALUTE TO SECRETARIES—This week marks the annual observance honoring secretaries throughout the nation. Oak Leaf welcomes the opportunity, in behalf of supervisors throughout the command, to salute the many capable civilian employees who perform these secretarial duties at Naval Regional Center Oakland. May you continue to serve in your courteous, helpful and efficient manner. . . and may your boss give you an extra-special kind word and warm smile today.



AS THEY ARE—If you saved the last issue of Oak Leaf and played the game of identifying the three young sailors of 1962, here is the answer and photos of how they look today: From left to right, they are Master Chief Hospital Corpsman Robert Bowman, Outpatient Service, now on temporary duty at Mare Island Clinic; Master Chief Hospital Corpsman Lawrence Davis, BuMed Equal Opportunity Detachment, and Commander William Self, Chief of Preventive Medicine Service. Did you recognize them?

18 promoted or advanced

Recently promoted to rank indicated were Medical Corps Commander Leonard Campbell of Radiology, and Nurse Corps Lieutenants Linda Ahbel, Barbara Bales, Catherine Fryer, Ann Higgins, Cheryl Holingue, Delanor Manson, Mark Nowicki and Jerry Thompson.

Advanced last week to stated rate were: Hospital Corpsman First Class Orlando Molina, Laboratory Service; Hospital Corpsmen Second Class Car-

los Martinez, Patient Affairs, Michael Shirk, Emergency Room, Ricky Zier, Operating Management, and Gary O'Connor, Laboratory Service; Religious Programs Specialist Second Class Brian Carroll, Chaplain Service; Hospital Corpsmen Third Class William Gibson, Emergency Room, Michael Reynolds, Surgical Clinic, and Ric Sisney, Personnel Support Detachment.

Enoch for Farrell as top Navy dentist

Vice Admiral W. P. Arentzen, Navy Surgeon General, has announced that Rear Admiral James D. Enoch, Dental Corps, has been approved by the Secretary of the Navy to relieve Rear Admiral Paul E. Farrell as Chief of the Dental Division upon Admiral Farrell's Sept. 1

retirement.

Admiral Enoch, presently Inspector General for the Navy Dental Corps, was Commanding Officer of the Naval Regional Dental Center, Great Lakes, Ill. before assignment to Washington, D.C.

Speaking of health care

Vital signs may be misleading

Don't give up on a drowning victim

Every day people drown. Whether they drown in bath water two inches deep or in water two miles deep, the finality of death is an ever-present

reminder of human frailty.

The physical changes associated with drowning are complex and beyond the scope of this article. The point to be

made is that medical authorities believed that once the human brain is deprived of oxygen for approximately six minutes, irreversible brain damage would occur. Certainly this is still true. However, in the case of a potential drowning victim, it may not be entirely accurate. This is not to say that every drowning victim can be saved but rather that some victims, once thought to be beyond hope, have been successfully resuscitated. The individual who submerges in cold water has a greater chance of survival. The younger the victim, the greater the chance this individual has of being resuscitated if cardiopulmonary resuscitation (CPR), or, artificial respiration and cardiac massage, is initiated immediately and continued while enroute to the closest medical facility.

Vital signs may mislead

Even though the skin of the drowning victim appears blue (a condition known as cyanosis), and there is no evidence of cardiac activity, there may still be some blood circulating in the brain. It is also not uncommon to find the victim's pupils (the black circles in the center of the eyes) dilated (large) and unresponsive to light. This sign may also be misleading in the cold water victim because it is one of the tests used to determine brain death. These signs should not discourage the would-be resuscitator from administering CPR as described by the American Heart Association.

In the past, these signs indicated very poor chance for successful resuscitation. Today, with wider media coverage, we hear of a larger number of potential victims who have been successfully resuscitated following prolonged periods of submersion.

Several individuals who were submerged for up to 40 minutes are alive and well today due to resuscitation. One individual who was under water for 40 minutes went through the ice in

his automobile and reportedly suffered no brain damage. Many people received CPR and prolonged resuscitative measures with excellent results. Those results were achieved by giving CPR on the victim immediately, continuing that treatment enroute to an emergency medical facility.

The reason a person may recover from apparent death is thought to be related to the body's decreased oxygen requirement when body temperature is dramatically reduced. The human body temperature is normally 98.6 degrees Fahrenheit. Many survivors of water submergence had body temperatures of 93 degrees F or less at arrival at a medical facility. Also, young children, when water covers the vocal cords, the diving reflex keeps the lungs from filling with water. This fact, plus the resilience of young individuals that enables them to tolerate stress, makes them excellent candidates for prolonged resuscitative measures.

Points to remember

Important considerations when remembering are:

- With reason, the time an individual is submerged should not deter resuscitation efforts.

- CPR must be continued until the victim has been brought to an emergency medical facility, where resuscitation will then be continued.

- CPR means artificial respiration (mouth-to-mouth), with simultaneous cardiac massage, as prescribed by the American Heart Association.

- It is especially important to remember that the victim may vomit. Quickly clear the victim's mouth and throat of this material by turning him on his side and scooping it out with your fingers; then resume CPR. (NES—cited by *The Dolphin*, Naval Submarine Base, New London, Groton, Conn.)



RECOGNIZED—Commander Charles C. Spielman, Head of Cardiology, receives a Red Cross certificate of recognition presented by Mr. Dale Roe, manager of the Oakland-South Alameda Chapter, during a recent luncheon. The certificate cites Dr. Spielman "for extraordinary personal action, when on Sept. 22, 1979, he applied CPR to Catherine Keller. His quick action and skill saved her life."

Navy's anti-smoking program catches fire

The Department of the Navy and the National Cancer Institute have launched a Navy-wide "Clear the Air" Program (NACAP) to educate Navy personnel about the harmful effects of smoking and to offer help to smokers who want to quit smoking.

NACAP has four purposes: (1) to educate Navy people about the harmful effects of smoking; (2) to provide specific suggestions for smokers who want to quit; (3) to offer programs for smokers who cannot quit on their own, and (4) to provide information on low tar/nicotine cigarettes and other methods of reducing risk to smokers who cannot, or do not want to quit.

The NACAP program is a voluntary health promotion effort directed toward reducing both short term and long term effects of smoking among active duty and civilian beneficiaries of Navy health care.

Smoking has been identified as the first ranking preventable health problem in the U.S. today. According to the Navy's Surgeon General, Vice Admiral W. P. Arentzen, the Navy Medical Department spends almost \$8 million a year for the care of active duty inpatients with diseases directly related to smoking. This figure does not account for the additional costs for administration of medical boards and discharges, the lost mandays to hospitalization and convalescent leave, or manpower replacement.



The Navy, in cooperation with the American Cancer Society, is conducting workshops across the country in order that voluntary cessation clinics can be run by qualified Navy personnel on a Navy-wide basis, aboard ship and ashore.

Informational materials on helping the smoker quit or cut down are being distributed throughout the Navy to active duty personnel, Navy health professionals, dependents, retirees and civilians. If you are interested in more information on how to quit, write: "Clearing the Air," Box NACAP 1, NCI, Bethesda, Md., 20205.

Nurses augment

Twelve Nurse Corps officers at this command last week augmented into the Regular Navy.

They were Lieutenants Barbara Bales, Jerry Thompson, Mark Nowicki, Deborah Steele, Melodie Tyler, Thomas McLaren, Rosemary Hogan and Roark Hayes.

Also, Lieutenants (junior grade) Denise Boutin, Christopher Weigt, Robin Orr and Stephen Naylor.

Widow expresses appreciation

The widow of a former Naval Regional Medical Center Oakland patient has written the following letter to this command:

"Ed and I were very happy with the care Ed received at your hospital. Would you please pass this along to the surgical team that took care of Ed White the days before he died?"

"The doctors were a caring bunch of human beings. Dr. Bohman, Dr. West, Moon, Dr. Mayo, Dr. Sharpe, and all those whose names I can't recall at this minute."

"I just don't know what to say, but I wanted to say something in appreciation. Tell them to keep up the good work."

Pearl White, Atwater, Cal.

Patient commends NRMCO care

The commanding officer has received another letter of appreciation expressing gratitude for health care received at this hospital.

In his letter, retired Navy Captain Charles P. Woodson wrote:

"Thank you and your staff, especially Dr. Connor Smith and Dr. T. Keenen, for the excellent results obtained by their skilled surgery on Feb. 15 at the hospital under your command... and their post-operative care."

"I desire also to commend the nursing group in Ward 6W for their efficient nursing care."

NASAP offers day class here

The San Francisco office of the Navy Alcohol Safety Action Program (NASAP) is offering a special free course here from 12:30 to 3:30 p.m., Tuesdays and Thursdays, from May 13 to June 19.

The course, which offers college credit, is designed to equip military and civilian supervisors and family members with the skills necessary to understand the impact of alcohol on society, the work force, individuals and family units, as well as the mechanics of addressing alcohol-related problems on the job and in the home.

Classes will be held in Bldg. 75 at Oak Knoll and are open to all personnel employed here or eligible for health care at this facility. Enrollees must be 15 years of age or older.

Enrollment may be made by calling 869-3067 or 8.

With the family ---

Prior appointments urged when applying for shipment

Personnel who use the services of the Personal Property Division, Naval Supply Center, Oakland, are encouraged to use the appointment system in making application for shipment of personal property.

In order to arrange adequate carrier service, members should make application for shipment of household goods a minimum of 10 working days before desired shipping date.

Appointments may be made Monday through Friday (except holidays) by call 466-5461/5462 between the hours of 7:30 a.m. to 4 p.m.

Walk-in service is also available; however, customers should be prepared to wait if they do not have an appointment in advance.

Peak hours for "walk-ins" are Monday, 8:30 a.m. to 1 p.m.; Tuesday through Thursday, 11 a.m. to 1 p.m.; Friday, 11 a.m. to 4 p.m. Customers should plan to avoid these periods.

Members must have proper orders before application for shipment of household goods can be arranged.

Only one POV may be shipped

Military Traffic Management Command (MTMC) audits reveal that some military members are shipping more than one privately owned vehicle (POV) when they are only entitled to ship one.

When this occurs, MTMC notifies the member's service headquarters for investigation and appropriate action. As a minimum, the member will have to reimburse the government all costs associated with the shipment of the second vehicle. A typical collection for the unauthorized shipment of a POV between Northern Europe and the continental United States is from \$700 to \$800, according to Major Ralph F. Stocker, terminal management officer at headquarters MTMC.

"Authorization to ship a POV is based upon the member's entitlement, not that of the member's dependents. In the case of a split move, where the member travels to the new duty station first, to be followed by dependents at a later date, authorization to ship a POV may appear on both the member's travel orders and those of the dependents," Stocker said.

He said this gives the member and the dependents an option. The POV can be shipped when the member travels or it can be left with the dependents for their use until they are ready to move to the new duty station. **It's an option, not authority to ship a second vehicle, he emphasized.**

Another misconception some members have is that they can ship one vehicle space-required and another space-available. **Not so, according to Stocker. Only one POV may be shipped under a single entitlement, either space-required or space-available. (NES)**

The following additions to the Navy and Coast Guard medical "family" have arrived at Oak Knoll:

A baby girl to Hospital Apprentice George P. Santos, Camp Pendleton, Calif., and his wife Dolores, April 5.

A baby boy to Coast Guard Hospital Corpsman Third Class David M. Juarez, Government Island Dispensary, Alameda, and his wife Ronita, April 7.

A baby boy to Lieutenant Commander Roger E. Vielbig, Cardiology staff, and his wife Wenda, April 15.

A baby boy to Lieutenant Karl G. Mendenhall, Nuclear Medicine staff, and his wife Miriam, April 15.



PETER RABBIT'S HELPER—Isaac Starke, counselor at Oak Knoll's Alcohol Rehabilitation Service (ARS), gives patient Jennifer Todd (20 months) a little Easter cheer. Eggs were supplied by Food Service and candy donated by patients at ARS, who also dyed the eggs. The booty was distributed to patients on the Pediatric Ward on Good Friday.

NRMCOA offers scholarship to most deserving dependent

Naval Regional Medical Center Officers Auxiliary (NRMCOA) has announced it will award a \$1,000 scholarship for 1980-81 to a qualified military dependent on the basis of scholastic achievement in high school or college, potential for college level work, and financial need.

Applicants must agree to abide by rules of the grant and submit applications and all other requested information **no later than May 30** to: Scholarship Committee, Naval Regional Medical Center Officers Auxiliary, Naval Regional Medical Center, Oakland, Calif. 94627.

The grant is made available for books, tuition, supplies and/or room and board at the college of his/her selection. The recipient must enroll for the next term following notification of the award; be enrolled as a full-time student at an accredited college, and remain in good scholastic standing. Should the recipient choose to attend college and live at home, scholarship funds may be used for books, fees and supplies, but not for room and board.

Scholastic standing will be monitored through submission of transcripts or other proof of good standing at the end of the first academic term or semester, and the unused portion of the grant must be returned to NRMCOA if these standards are not met.

During the selection process by the Scholarship Committee, a personal interview with applicant and his or her family may be requested before final decision is made. Information obtained from such an interview will be retained in strict confidence, a spokesperson said.

Application forms may be obtained from Chaplain Service. If more information is desired, interested applicants may call (415) 531-5998.

Public gold sale chalked for June

Gold medallions will be the latest investment offer of the Department of the Treasury when it starts selling the first two in an issue of 10.

The one ounce medallion—about the size of a half dollar—and the one-half ounce medallion—about the size of the Susan B. Anthony dollar—will be nine-tenths fine gold and one-tenth alloy. The law authorizing the issuance of the medallions specifies that they are to be sold to the general public at a competitive price equal to the free market value of the gold in them, plus the cost of manufacture and the marketing costs.

Present plans call for the sales to be conducted through the U. S. Postal Service after appropriate announcements are placed in newspapers of general distribution.

Artists honored

The issue will be part of an American Arts Commemorative series.

The mid-1980 medallions will feature painter Grant Wood on the

one-ounce medallion, with a reproduction of his portrait "American Gothic" on the reverse. The half-ounce medallion will feature singer Marian Anderson with the reverse showing two hands holding the earth, a tribute to one of her favorite spirituals, "He's Got The Whole World In His Hands."

Humorist Mark Twain and writer Willa Cather will be on the 1981 issue, musician Louis Armstrong and architect Frank Lloyd Wright will appear in 1982, poet Robert Frost and sculptor Alexander Calder in 1983, and actress Helen Hayes and writer John Steinbeck in 1984.

Each year's issue will consist of 500,000 one-ounce medallions and one million half-ounce medallions.

In order to assure the maximum opportunity for individual ownership, the number of medallions which anyone—individual or corporation—would be able to buy would be limited.

If you're into gold and want the best, watch your local newspaper when this June rolls around.

Say
goodbye to
the kids
for me,
will ya?



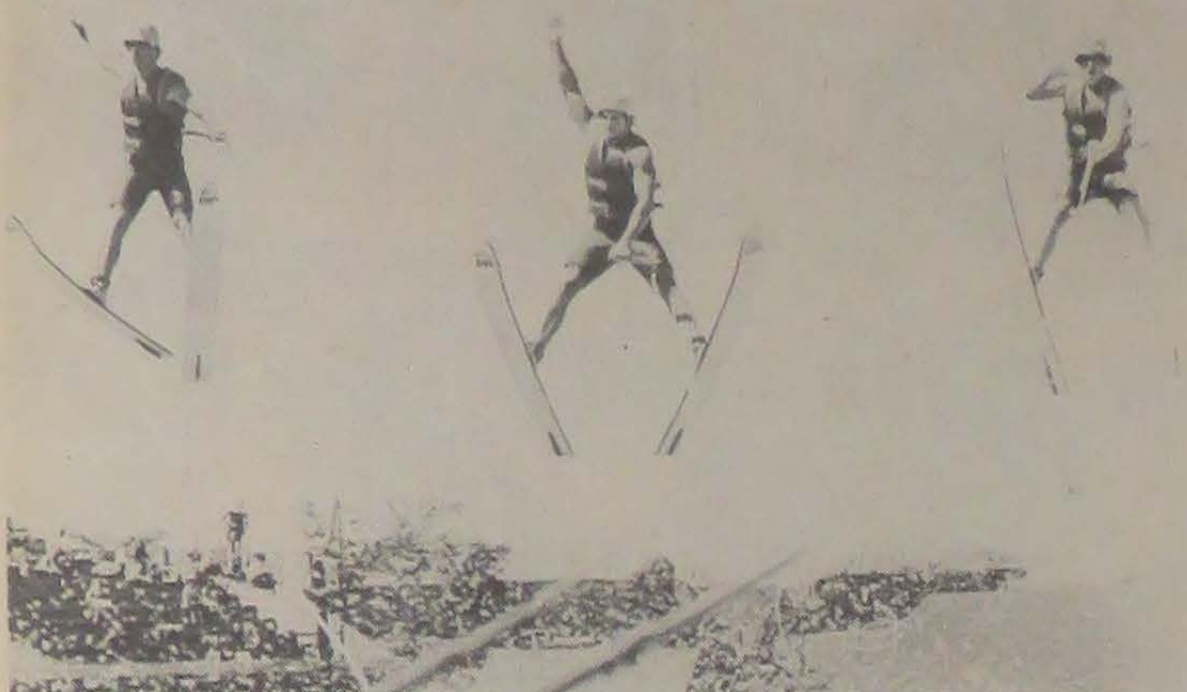
She hopes you'll take her with you or find her a happy home before you move to your new assignment location. Although the government won't pay to ship a service member's pets, you can get information from your Installation Transportation Officer on how to ship them at your own expense. In fact, seeing your ITO as soon as you get orders can prevent a lot of last-minute moving problems—as well as heartaches for your family and your pets. Your ITO is there to help, but it's YOUR move.

It's YOUR MOVE, a booklet which answers important questions about shipping your household goods, is available at local Installation Transportation Offices.



Little acorns. . .

Off duty - -



HIGH FLYERS—These three water skiers take to the skies during Marine World's Water Ski and Boat Show. Jumping off a five-foot jump ramp, they will travel a distance of up to 50 feet in the air before making a not-so-soft landing. In addition to Marine World's ongoing Water Ski Show, each year the wildlife park hosts the International Water Ski Jumping Championships, the largest and most prestigious sporting event of its kind in the world. Spring savings tickets to Marine World/Africa USA at Redwood City are now available at the Special Services Office on base. They will be honored any operating day through June 8 and provide \$2.40 off regular adult, \$1.95 children's admissions.

★ ★ ★ MOVIES ★ ★ ★

Friday, April 25, 6 p.m.—1941—John Belushi, Ned Beatty—Comedy/PG
 APRIL 26-MAY 4—NO MOVIES SHOWN. THEATER BEING RENOVATED.
 Monday, May 5, 6 p.m.—THE BOYS FROM BRAZIL—Gregory Peck, James Mason—Science Fiction/R
 Tuesday, May 6, 6 p.m.—KRAMER VS KRAMER—Dustin Hoffman, Meryl Streep—Drama/PG
 Wednesday, May 7, 6 p.m.—APOCALYPSE NOW—Marlon Brando, Martin Sheen—War/R
 Thursday, May 8, 6 p.m.—JESSE & LESTER, TWO BROTHERS IN A PLACE CALLED TRINITY—Richard Harrison, Donald O'Brian—Western/PG

Navy, Marine Corps Museum welcomes visitors 7 days a week

In these days when we must all be a little more frugal with our gasoline, it pays off to explore the attractions in our own area.

One of these interesting places to visit (which is also free) is the Navy and Marine Corps Museum on Treasure Island.

Conceived as a one year bicentennial project, four years later it is a permanent institution recognized by the Secretary of the Navy—a museum dedicated to the millions of men and women who have served in the Navy and Marine Corps in the past, at present, and those who will serve in the future.

The main attraction at the museum is a 6,600 square foot mural depicting the

Qs and As of photo art

By David Wm. Hershenzon

(EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)



Q: I'm the photo enthusiast in my family and would like to do a family portrait with myself in the picture as well as the others. How can I accomplish this with my 35mm camera?

A: In order to take the photo yourself you'll need two items. One, a tripod, and two, a self-timer device of some sort. The majority of 35mm cameras manufactured in the last decade have a self-timer already built in. Be sure to check your camera instruction manual for specific directions on the proper use of the timer. Attach the camera to the tripod, set the self-timer according to the manual and join your family. That's all there is to it. Naturally, this technique can be used for vacation photos as well.

Q: I'm looking into the possibility of photography as a career and would be interested in learning some of the techniques used by pros. Can you recommend an interesting book that I can buy?

A: Eastman Kodak publishes an excellent book entitled "Professional Photographic Illustration Techniques," which is written for those already in the profession as well as those aspiring to it. Covering such things as fundamental advanced studio lighting techniques, business practices, working layouts and more. It's profusely illustrated with the works of more than 40 different commercial photographers from the U.S., Europe, South America and is available at a photo dealer for \$7.50.

Polynesian dance, mime courses offered at Ft. Mason by YMCA

The Central Young Men's Christian Association (YMCA) in San Francisco is sponsoring two new instruction courses open to young people and adults.

Michael Hennessy, "The Modern Minstrel of Mime," will offer classes in pantomime and circus techniques at Ft. Mason, beginning April 28 and May 3.

This course will cover the basic art of mime, as well as juggling, unicycle riding, rope spinning, and manipulation of imaginary objects. No experience

required and the classes are open to both teens and adults.

Also, Raymoki Engler will instruct a new series of classes in Polynesian dance at Ft. Mason.

Classes for young people (ages 5-12) will be held on Tuesdays and Thursdays from 4-5 p.m., beginning April 29. Classes for teens and adults will be held on Saturdays from 1:30 to 3:30 p.m., beginning May 3.

For more information on either course, call the YMCA at 885-0460.

San Diego vacation? Save with advance kit

If you are planning to take the family to San Diego, you can save quite a few dollars if you pick up a vacation kit in advance from Special Services on base.

The kit contains coupons offering a 25 percent discount to Wild Animal Park; \$2 off to Sea World; 25 percent off admission and tour, San Diego Zoo; 10 percent on Harbor Excursion; \$5 off on rental cars; 20 percent, Space Theatre and Science Center; special rate on Atlas hotels.

Tennis anyone?

Special Services has arranged for tennis instructor Paul Welles to resume classes at Oak Knoll. Classes will be conducted between 10 a.m. and noon on Mondays.

The cost per hour lesson is \$5.50 in a class of four. Individual instruction is available at \$8 per half hour or \$16 for a full hour.

For more information contact the instructor at 359-4537, or call Sally, Special Services, Ext. 2479.



Gunners show abilities

Area shooters will have an opportunity to show their prowess in competition this spring.

The Eleventh Naval District North Skeet and Trap Championship will be held on May 31 and June 1 at NAS Alameda. Pistol championships will follow at NAS Moffett Field June 7.

Contact Dr. William Schlichtemeier at Ext. 2065 for more information.

Racquetball contests slated for May

Special Services is accepting applications for the Eleventh Naval District North Singles Racquetball Championships to be held at Mare Island in May.

Competition for the men's senior division (for participants 35 and over) will run May 12-16. Women's cham-

pionships will be held May 14-16. A double loss elimination tournament governed by official IRA Rules will be in effect for both divisions.

Awards will be given to the top contestants in each division.

For more information contact Brown at Ext. 2350.

Swimmers to compete

Three invitational meets have been scheduled to precede the 1980 Eleventh Naval District North Swimming and Diving Championships.

The first meet will be held at NAS Alameda on May 2 at 7:30 p.m. The second and third meets will be hosted at Treasure Island on May 28 at 7:30 p.m. and on June 1 at 1 p.m.

Men and women from the Air Force, Guard, Marine Corps and Navy are eligible to attend these events. Events include: 100, 200 and 400 meter freestyle; 400 meter freestyle relay; 100 and 200 meter backstroke; 100 and 200 breaststroke; 100 and 200 meter butterfly; 200 and 400 meter individual medley; 400 meter medley relay; one and three meter diving.

Registration will be conducted at each meet one hour before start time.

For more information and to register for these events contact Brown in Special Services or call Ext. 2350.



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Vol. 42, No. 10

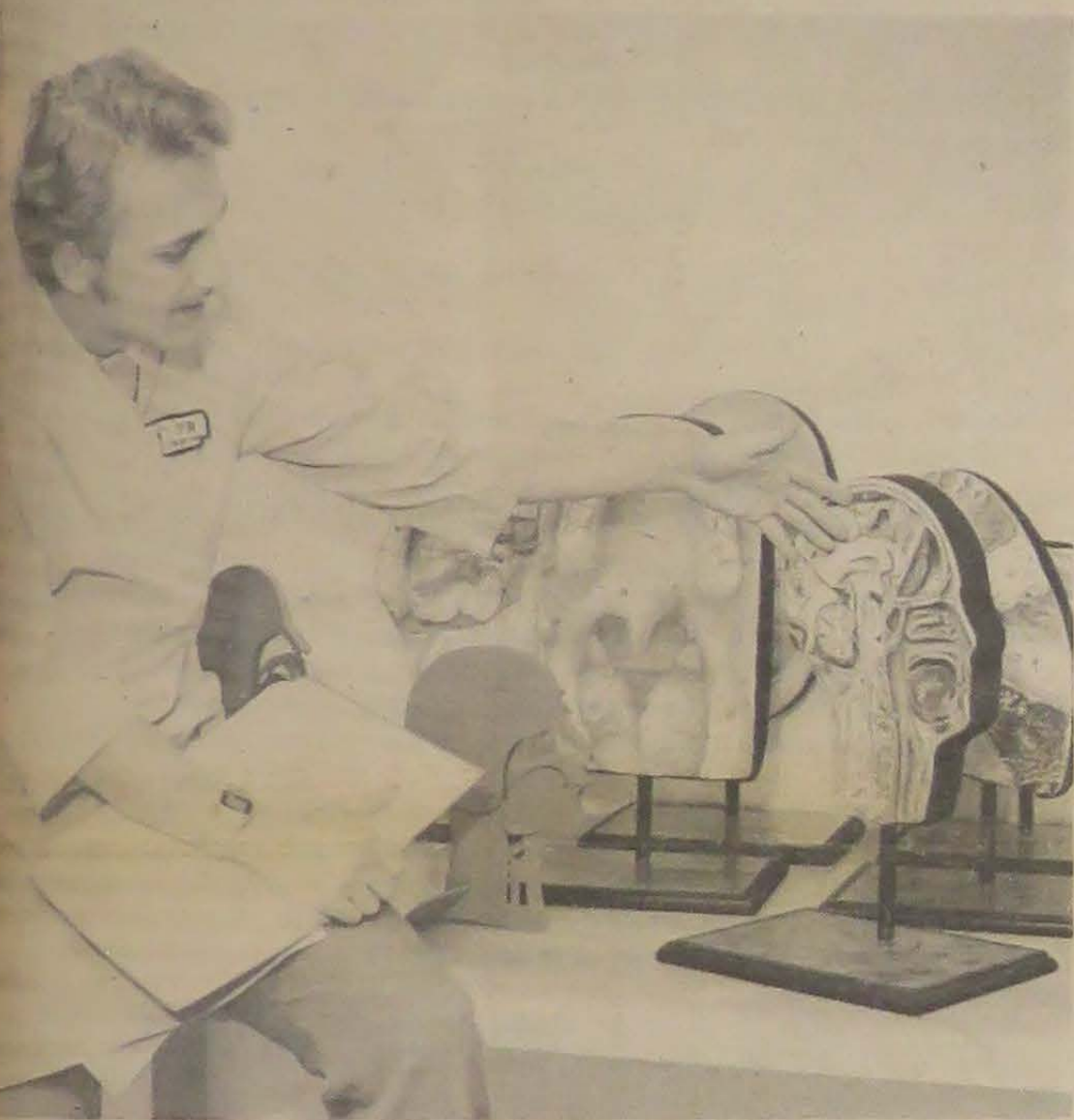
Friday, May 9, 1980

Navy's first paramedic training underway

By JO3 Gregg Redding

The first Advanced Emergency Medical Technician Paramedic training in the Navy began here April 28.

The prototype training program is slated to pilot three classes this year. Hospital Corpsmen completing the course will become certified paramedics proficient in emergency medical techniques and caring for surgical trauma.



IN FINAL PREPARATION—Brad Martin, Paramedic Training Program Coordinator, checks visual aids being used in the prototype course, which convened its first class here April 28.

Incentives

According to Captain (Doctor) Louis U. Pulicicchio, Director of Clinical Services at Naval Regional Medical Center, Oakland (NRMCO), there are two primary incentives for implementing the program:

- The State of California constantly upgrades requirements governing emergency medical care. These changes imply that ambulance attendants must be trained to meet higher standards in the future.

- The advent of bioradiotelemetry—a capability which NRMCO now has—imposes a professional and ethical responsibility to provide qualified medical personnel to use such equipment.

"The Navy doesn't have a NEC for this type of training at present. We felt we should entertain an on-the-job training program to help our people meet the desired standards," explained Capt. Pulicicchio. He stated paramedic training would provide excellent background for corpsmen working in intensive and coronary care units as well as the emergency room.

A planning committee met for the first time in February 1979. Its members faced not only the challenge of developing a course of training, but also the task of satisfying legal requirements. NRMCO and its branch clinics provide medical services to an area encompassing at least eight counties. Each county has its own standards concerning paramedic training. Additionally, state requisites and Department of Transportation guidelines have to be considered.

All-hands evaluation

Capt. Pulicicchio cited development of the course as an all-hands evolution. "The admiral (Rear Admiral Walter M. Lonergan, Commanding Officer) gave his full support and a lot of our staff members devoted hours of their time to developing lesson modules."

The prototype course is a three phase program with 672 hours instruction over a 16-week period.

The initial phase covers 360 hours of didactic and skill training presented in 15 modules. Course material includes: roles and responsibilities of the paramedic; human systems and patient assessment; shock and fluid therapy; general pharmacology; respiratory system; cardiovascular system; central nervous system and soft tissue injuries.

Also covered: musculoskeletal system; medical emergencies; obstetric and gynecologic emergencies; pediatrics and neonatal transport; emotionally disturbed patient management; extrication and rescue techniques and telemetry communications.

The modular format for the didactic portion is based upon Department of Transportation lesson plans for paramedic training.

The 112 following hours of clinical instruction provide students with experience and practical application of newly-learned skills. Under close supervision of qualified physicians and nurses, on-the-job training will be carried out in: operating and recovery rooms, intensive and coronary care units, obstetrics, emergency room, pediatrics and psychiatry.

Local instructors

Instructors for the clinical and didactic aspects of training will be drawn from medical personnel currently assigned to NRMCO.

In the final stage of training, corpsmen will undergo a 200-hour field internship, working in mobile intensive care ambulances under professional direction. Training in this phase will be hosted by one of the existing paramedic schools in the area.

Passing the full curriculum earns the student paramedic certification for a two-year period. To maintain certification and renew credentials, the paramedic must earn a minimum of 14 continuing education credits per month.

Graduates from the first class may serve as evaluators for future classes during the internship phase of training.

Communication link

While not in competition with commercial services, NRMCO does maintain ambulances for transporting patients from branch clinics to other medical units. Paramedics—in communication with physicians via telemetry—can transport critical patients requiring constant vigilance and monitoring. Should communication lines become severed, the paramedic has sufficient practical knowledge to act independently and bring the patient in safely.

Trained to respond quickly to emergency situations, the paramedic is ideally suited for work in the emergency room and critical care areas. In the absence of a physician, paramedics can provide quality care to shipboard personnel. During field support activities, paramedics would free physicians and nurses for more demanding and immediate tasks.

"In a romantic sense, we're recreating the old independent duty corpsman," Capt. Pulicicchio said. "This man, through 20 years experience in the school of hard knocks, accumulated enough knowledge to provide quality health care and work semi-independently. Rather than wait 20 years, we're trying to telescope that experience through training and get the corpsman out on the road to emulate what used to be done the other way. The bottom line of all this is really to provide quality medical care... that's our primary responsibility."

The new paramedic training could echo performance of the Emergency Medical Technician One Ambulance (EMT-1A) training program, which was established in December 1974. EMT-1A was sanctioned at the onset by California's Public Health Service and set the prototype for the area's civilian community. The program has produced 646 certified technicians since its inception.

A planning committee will administer the new training program and also serve as selection committee and academic review board. Members include: Captain Pulicicchio, Captain Richard O'Reilly, Assistant Chairman, Surgery Service; Commander Patricia Linehan, Nursing Education Officer; Lieutenant Commander Bonnie Potter, Training Officer, Medical Service; Chief Hospital Corpsman Herb Lay, Administrator, and Brad Martin, Coordinator.

Candidates for paramedic training must be certified EMT-1A and have a minimum of one year's experience in patient care. They must also have one year remaining in service upon completion of the course. As the studies are fast paced and demanding, a high degree of motivation and discipline is recommended.

First Students

Students in the first paramedic class are: Hospital Corpsman (HM) Second Class Gary R. Whiting, Alameda Branch Clinic; HM2 Ramon P. Yee, HM3 William Sallin, NRMCO and HM3 Julie A. Wood, Moffett Field Clinic.

Also, Hospitalman (HN) Andrew C. Lane, Moffett Field Branch Clinic, HN Randall D. Meyer, Moffett Field Branch Clinic; HN Abdul S. Muhammad, Moffett Field Branch Clinic; HN Phillip A. Roldan, Alameda Branch Clinic; HN Alfonso A. Samia, Moffett Field Branch Clinic; and HN Mary T. Whittle, NRMCO.

Pledges OK for NRS gifts

This year, for the first time, allotments may be used for contributions to the Navy Relief Society, if it is more convenient for donors than cash gifts.

According to Commander Mary L. Rooney, project officer, pledge cards and support material for this purpose are now available at Naval Regional Medical Center Oakland.

The annual fund drive kicked off here this week and will continue through June 6.

Since its founding in 1904, the Navy Relief Society has been a principal source of emergency assistance to members of the Navy and Marine Corps, both active and retired, as well as their dependents and survivors. Whenever our shipmates have been in need, the Navy Relief Society has responded with aid in the form of interest-free loans, grants or gratuitous services.

Each year the drive commemorates the famous World War II naval battles of Coral Sea and Midway, which represented turning points in the war in the Pacific.

Editorial ---



VOLUNTEERS—Hearty thanks go to all those who volunteered their services for a basewide cleanup drive of the hospital grounds on April 17. Included among them were these three: Hospital Corpsman Second Class Mike Miller, foreground; unidentified patient immediately behind him, and Mr. Isaac Starke, civilian employee of Naval Regional Medical Center Oakland.

Asian/Pacific American Heritage

(EDITOR'S NOTE: Although Asian/Pacific American Heritage Week will be observed nationally May 7-14, the Naval Regional Medical Center Oakland has elected to locally observe the week of June 9-13, with the principal activities occurring June 12. The reason for this, according to Weldon Miles, Deputy Equal Employment Opportunity Officer, is to obtain the services of outside speakers who were already booked for the week in May.)

— A Proclamation —

America's strength is in the heart of its people and the richness of its cultural diversity.

Those who have come from Asian and Pacific countries have long added a special quality to our American mosaic. In spite of adversity, in spite of violence inflicted on their people and cultures, Asian and Pacific Americans have shed sweat and blood in the struggle for America's nationhood and in the quest for freedom and opportunity. Out of all proportion to their numbers, Asian and Pacific Americans have contributed to our nation's progress in a wide range of fields—science, the arts, literature, agriculture, industry and commerce. Bringing with them the strong and varied traditions of their Asian and Pacific homelands—China, Japan, Korea, the Philippines, the Pacific Islands and Southeast Asia—they have greatly enriched our cultural heritage and institutions.

As we welcome new groups of Asian and Pacific peoples to our shores, our hearts are saddened by the suffering that has caused many of them to leave their homelands, but we are proud to be able to offer them freedom and hope and opportunity in America.

As we work together to help them make the difficult adjustments to a new land and new lives, we are deeply aware of our debt to the generations of Asian and Pacific Americans who have come before them. We are grateful for their presence and glad for the opportunity to continue as a land of immigrants, people who have come from every corner of the earth, united by a common commitment to human rights and human liberty.

NOW, THEREFORE, I, JIMMY CARTER, President of the United States of America, declare the seven days beginning May 7, 1980, as Asian/Pacific American Heritage Week. I call upon the people of the United States to observe this week with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-seventh day of February, in the year of our Lord nineteen hundred and eighty, and of the Independence of the United States of America the two hundred and fourth.

Jimmy Carter

It's spring-cleaning time!

Spring is a time of beginning, when gentle rains wash dust from the trees, birds chirp happy songs, gardens are in full bloom, white shoes come out of storage... and windows get washed!

Whether it's an old American custom, or something we inherited from our immigrant ancestors is unimportant. Throughout the United States, people traditionally turn to housecleaning and general sprucing up around the home as the days get longer.

It's a commendable habit. When it's all done, we also get a lift both in pride of spirit. Why can't we apply the same practice to our work areas and extend the good feeling?

There was a recent start on it here at Oak Knoll when volunteers made a sweeping cleanup of our beautiful grounds, made even more attractive through their efforts. Now's an appropriate time to turn attention to our wards, shops and offices.

The housekeeping crew in the main hospital building does an excellent job; there are many refinements that are up to us, the people who work in the spaces.

The medical center's Safety Office issued a recent bulletin on housekeeping hints, some of which were:

- Good housekeeping is essential for the safe operation of all work areas. Main aisles, passageways and exits should be free at all times of tripping and bumping obstructions.

- Floors should be clean and free of oil, water, and any other material which could cause a person to slip and fall.

- Equipment, rags, reagents, etc. should be returned to proper storage locations immediately after use.

- All containers should be clearly marked and correctly labeled.

- Waste should be deposited in metal containers or others that meet national fire code standards.

- Broken glass should be swept up with a broom, and large pieces picked up only in a gloved or otherwise protected hand. Dispose of broken glass by placing in a heavy thick cardboard box marked "BROKEN GLASS," then set it beside (or in) the regular wastebasket where it can be easily picked up for disposal.

Most of us are very busy with our jobs these days, but by spreading out "Spring Spruce-up" over one work week, it should take no more than 10 or 15 minutes out of each of the five busy days. Here's a schedule you may want to follow:

- Day 1: Look over every nook and cranny of your work area for potential safety and/or fire hazards, and get rid of them then and there!

- Day 2: Most of us accumulate clutter, whether a burgeoning pile of papers or a lot of miscellaneous tools we haven't used for sometime. Do a mental inventory. If you haven't referred to that file or used an instrument in the last year or so, you probably don't need it.

- Day 3: By now, most of the visible miscellanea should be gone and your work site is probably already looking better. Today's the day to dig deep into the hidden places. Clean out the desk or work bench and organize your supplies and forms, a small step that will save hours as the year rolls by.

- Day 4: Give the furniture a once-over with furniture polish, or a good washdown if it's enameled or otherwise suitably surfaced.

- Day 5: Time for a final inspection through a stranger's eyes. Aren't those same old dog-eared, yellowed materials on the walls getting a bit tiresome? Treat your work space, your visitors and yourself to something new to look at—perhaps a pretty potted plant or your training certificate attractively framed.

Now that it's all done, doesn't the work area look nice—and don't you feel a little better too?

Plaudit for Drs. Goodman, Pratt, staff

Another letter has arrived here applauding health care received at this medical center.

On April 10 Mr. J.M. Mocherman wrote:

"Recently I was a patient at Oak Knoll and the care rendered to me was excellent. Prior to surgery, Dr. Goodman diagnosed the problem, made recommendations and proposed that Dr. Pratt do the surgery. Needless to say with his surgical skill and competent care I made a remarkable recovery. Now with complete use of both arms again, words seem inadequate to relay sincere thanks to both Dr. Goodman and Dr. Pratt and their attending staff."

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Hershenson

THE OAK LEAF is published biweekly on Friday, produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. The OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

'Strong and Ready' theme of 1980 Armed Forces Day

The U.S. Armed Forces—Strong and Ready—is the theme of the 1980 Armed Forces Day/Week celebration, which will be observed with several special events throughout the San Francisco Bay Area.

Naval Regional Medical Center Oakland plans public demonstrations of cardiopulmonary resuscitation and Heimlich Maneuver every hour at the Stonestown Shopping Center in San Francisco on May 17. The medical center will also be represented in a static display in the two-day Treasure Island Open House, May 17-18.

Although Naval Air Station Alameda is not holding an open house this year for Armed Forces Day since it plans one for July 4, it will be well represented in a display at San Francisco's Union Square.

NAS Moffett Field invites the public to an open house on May 17, with gates opening from 9:30 a.m. to 4 p.m. There will be hot air balloon demonstrations and a big air show at 1 p.m. featuring the "Eagles" aerobatic team and other attractions.

Most Naval installations in the area will concentrate their efforts at Treasure Island's two-day event, May 17-18, from 10 a.m. to 7:30 p.m. each day. There will be static exhibits from five military installations and several state and county groups as well as Air

Please volunteer your assistance

Naval Regional Medical Center Oakland has been requested to participate in Armed Forces Day activities at two locations this year.

Open house will be held at Naval Support Activity Treasure Island on May 17-18. Volunteers are needed to attend the static display from 8:30 a.m. to 1 p.m., or 1 p.m. to 5:30 p.m., on both days.

Also, this command will stage a CPR and Heimlich maneuver demonstration on Saturday (May 17) at Stonestown Shopping Center in San Francisco. Interested volunteers, preferably CPR-qualified, are needed to demonstrate these methods for one day only.

Please contact Lieutenant Commander Lee Rollison at Ext. 2003 if you can help.

"Your support of Armed Forces Day and representation of this command will be appreciated," said Lieutenant (junior grade) David Gustafson, project officer.

Force guard dog and drill team demonstrations; a search-and-rescue mission by the Coast Guard; an Underwater Demolition Team exercise by Navy "Seals" off the Berkeley side of the island; Tae Kwon Do karate demonstrations; Navy Band San Francisco concerts; Filipino folk-dancing; a complete carnival with midway and rides, and Circus Vargas, the last of the big top circuses. Additionally, there'll be 7:30 p.m. boxing tournaments on May 16 and 17, and a racquetball tournament in the T.I. Gym on May 17-18, with play beginning at 9 a.m. Civilian visitors are invited to join Navy families in church services at the chapel with Protestant services beginning at 11 a.m. and Catholic mass at 12:30 p.m. on Sunday.

There will also be an all-service parade in downtown San Francisco on May 16, where the Navy will provide a band, color guard and 256-man marching unit.



SHORSTAMPS team visits

Approximately 30 members of a Shore Requirements, Standards and Manpower Planning System (SHORSTAMPS) team are visiting Naval Regional Medical Center Oakland over the next several weeks.

They are here to evaluate manpower requirements, staffing and population information relative to Surgery and Nursing services, under direction of the Navy Manpower and Analysis Center, Atlantic.

Master Chief Petty Officer of Navy Crow visits medical center

Master Chief Petty Officer of the Navy (MCPON) Thomas Crow and his wife Carol paid an official visit to Naval Regional Medical Center Oakland yesterday.

The Navy's most senior enlisted man met with Rear Admiral Walter M. Lonergan, Commanding Officer, and began touring all hospital wards and services, pausing along the way to meet and talk with patients and command corpsmen on their jobs.

At 10 a.m., Mrs. Crow met with the center's Navy enlisted wives in The Parthole to discuss matters of mutual interest.

Following a luncheon in the enlisted club, further visits were made throughout the hospital, with MCPON Crow outbriefing the admiral before leaving the compound.

This was the senior enlisted man's first visit to Naval Regional Medical Center Oakland since his appointment as Master Chief Petty Officer of the Navy.

Graduation ceremonies today for X-ray technicians

Graduation ceremonies are being held today at 9 a.m. in the Clinical Assembly for eight students who have completed Basic X-Ray School here.

Class honorman is Hospital Corpsman Third Class (HM3) Paul Mariskanish, whose next duty station will be in Annapolis, Md.

Other students who have completed the 12-week course successfully are Hospitalman (HN) Shirley Worstell, next duty station Oceana, Va.; HM3 Gabriel Vallido, to China Lake, Calif.; HN Elizabeth Hendrix, to Naples, Italy; HM3 Danilo Necesito, to Little Creek, Va.; HN Virgilio Cortel, to Quantico, Va.; HN Christopher Watson, to Pensacola, Fla., and HM3 Sherman Breaux to Key West, Fla.

Course instructors are Chief Hospital Corpsman (Submarine Service) A.A. Esporo, Jr., and Chief Hospital Corpsman Rose Percival. Lieutenant Richard LaFontaine of Radiology is director of the school.

Frocking policy liberalized

The practice of frocking—authorizing officers selected for promotion to O-6 or below and petty officers selected for advancement to a higher grade to assume the title and wear the uniform of the grade to which they are selected—has been liberalized.

Under the new policy, an officer or petty officer selected for promotion to a higher paygrade is now permitted to assume the title and wear the uniform of that higher grade. In the past, the person had to be serving in a billet designated for the higher grade before frocking could occur. Frocking, however, does not authorize paying of higher pay and allowances, nor does it authorize increased disciplinary powers.

The new policy does not extend to persons serving in joint service billets unless they are serving in a billet calling for the higher grade (same as old frocking policy), nor does it allow personnel in joint organizations to be frocked so long as they are serving with personnel of another service who are of the same grade but senior in rate or rank. Such frocking also may only be performed with concurrence of the appropriate joint organization.

Frocking is voluntary for the officer or petty officer selected for a higher paygrade. Diary entries reflecting frocking are neither required nor desired.

Details of the new policy are contained in ALNAV 042/80 which also cancels ALNAV 046/79 and NAVOP 153/78.

Advance arrangements vital to ship property

Once again the Naval Supply Center Oakland stresses the importance of maximum advance planning in shipping household goods during the traditional busy summer move season which this year may possibly be further aggravated by the energy crisis and trucker/longshoremen's strikes.

Shipping members are especially

urged to use the appointment system in making application for shipment of household goods, at a minimum of 10 days before the desired shipping date.

As soon as you have your orders, pick up the phone and make an appointment with the Personal Property Division at 466-5461 or 2.

Chaplain's Corner

Mother's Day



Heart to Heart

By Father S. D. Tambourin
Lieutenant Commander, CHC, USN

Mother's Day is celebrated every year amidst a tremendous advertising campaign for appropriate gifts and the ideal restaurant for the traditional Mother's Day dinner. Yet the true reason for honoring mothers is the gift of life itself and the love that flows back and forth from the mother's to the child's heart.

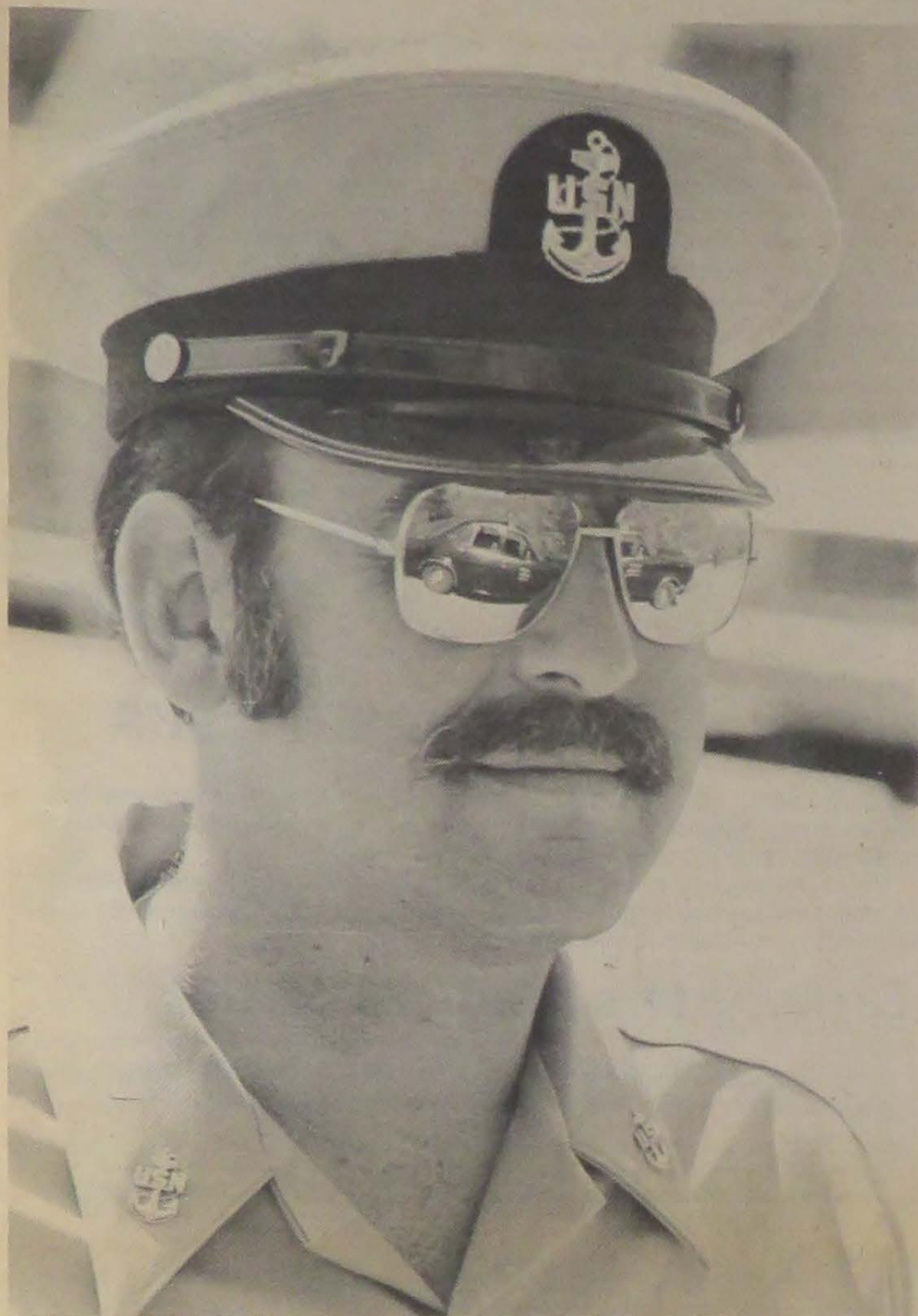
The minute a mother feels that tiny heartbeat deep within herself a change takes place. Feelings of love, awe, apprehension and sometimes even sadness are aroused. The day the child is born an instant link of love is established between two hearts. First the mother giving to her tiny baby without expecting a return. Then as the days, weeks, and months go by, a response from the child in the form of a smile and other ways.

A mother's heart contains many secrets stored up over the years. Some of love, some of apprehension, some of relief, some of sorrow, some of pride, and many others never to be revealed—a heart capable of an immeasurable amount of love even throughout the times of apprehension over illness, or apparent non-communication throughout teenage or later years, and even throughout tremendous heartbreaks.

A mother can never be repaid for all she has done. Yet her demands are so small. All she asks is a response ever so small in love and that her child grow up to be a fulfilled, happy person.

On behalf of all of us sons and daughters, thank you and may God bless all of you today, and everyday.

For your info---



SCENE THRU COP'S EYES—Chief Signalman Edward L. "Duke" Tilton, who heads up Security at Oak Knoll, was caught by the camera in the act of watching one of the base Security vehicles, clearly reflected in his sunglasses. Chief Tilton, who already has 20 years' service in the Navy, recently extended. He came to Naval Regional Medical Center Oakland about a year and a half ago from the USS ROGERS (DD 876) where he was a Signalman. Previous duty was with Recruiting Service in Portland, Ore. He is unmarried and lives on base. (Photo by HM2 David Wm. Hershenson)

Columbia classes coming

Columbia College, which has campuses at Treasure Island, Oakland Army Base, Hamilton Air Force Base and the Coast Guard Training Center in Petaluma, will run its next session from May 26 to July 19.

Columbia offers both two-year and four-year degrees and is open to active duty military, their dependents, and Department of Defense civilian employees. Classes are held in the evenings, with each course meeting one night a week during the eight-week session.

Offerings at Treasure Island will be Marketing Management (Monday), Penology (Tuesday), History and Systems of Psychology (Wednesday), and English Composition I (Thursday).

Scheduled for the Columbia College campus at Oakland Army Base are Abnormal Psychology (Monday), Personnel Management (Tuesday), and Business Communications (Wednesday).

Courses at Hamilton Air Force Base will be Accounting II (Monday) and Consumer Protection (Wednesday). The Effective Executive, an upper-level business course, is scheduled for Thursday at Petaluma.

Additional information may be obtained from Larry Blades or Margaret Kirkpatrick at 397-5613. Active duty personnel should check with their education offices before entering any program.

No foreign cities, countries on FPO/APO addresses

Information has been received from the U. S. Postal Service (USPS) indicating that a large volume of personal mail is being received containing the geographic address (foreign city and country) in addition to the FPO/APO military address.

USPS advises that use of the dual address is causing mail to be delayed and/or returned for additional postage. In some cases, mail has been inadvertently dispatched to the foreign country and held up to six months before being returned to sender.

Chapter 12 of OPNAVINST 5112.1B provides mail address instructions. To alleviate the problem it is requested that all personnel not use geographic locations with an FPO/APO number in the mail address unless assigned as a part of the official title.

This matter is applicable to both Navy and Marine Corps activities.

Diving school goes south

The Naval School of Diving and Salvage in Washington, D. C., will close on June 1, and on that same date, the new Navy Diving and Salvage Training Center will open its doors in Panama City, Fla.

The move will place the diving school in new facilities in Panama City. It is expected the Florida weather and clearer water conditions will enhance training opportunities. The Navy Diving School in Washington has been in

operation since 1926. Its last student graduated May 2.

The Navy Diving and Salvage Training Center in Panama City will offer 16 courses of instruction at the Class C level as opposed to the seven currently offered in Washington, D. C. The courses run the spectrum from basic techniques to those covering subjects on the frontiers of diving technology. Approximately 350 students are slated to undergo training there during the school's first year of operation.

How you may help your children choose future careers

Parents have always asked the questions, "What does the future hold for my children? Will they follow in my footsteps or 'march to the beat of a different drummer?'"

Servicemembers' children who travel to assignment locations in many parts of this nation and around the globe have the advantage of becoming knowledgeable in a world that grows smaller each day through technological advances.

But military children may also be at a disadvantage in choosing a career, since the military way of life has been a sort of security blanket for them since infancy. Born in a military hospital, reared on or near a military installation, and often educated in a base school through the elementary grades, how do these children get an opportunity to choose another way of life?

Answer rests with parents

The answer rests with military parents who play an important role in their children's career decision-making process. Here are some ways which professional counselors say parents can aid their children—even if they are now very young—in positive career development.

- Encourage your child to ask and

think about the question, "What will I be when I grow up?" Don't criticize early choices, but encourage them to explain their choice.

- Help your child consider alternate career choices. The question, "If for some reason, you couldn't do this, what else would you want to do?" is a good one. It will help the child broaden ideas about career possibilities.

- Try to eliminate sex bias in thinking about your child's future career. Point out that a person's sex really doesn't matter; it's ability that counts.

- Don't hesitate to respond when your child asks, "What do you think I should be when I grow up?" Point out particular talents that he or she possesses and discuss the jobs in which these would be helpful.

- Tell your child about the work that you do. Neither encourage nor discourage your child from considering your occupation, but aim at helping the child see that you, through your work, are making a contribution to society.

- Expose your children to a realistic view of a variety of jobs. Take field trips to see people working in various occupations and encourage them to take part-time jobs to expose them to the world of work.

- Help your child understand how important doing well in school will be in later job decisions.

- Encourage your children to discuss career plans and hopes with teachers and counselors. Later, seek out these people during Parent-Teacher Association meetings and on other occasions and ask them about

your child's career interests in terms of strengths and weaknesses.

Classroom moved

Phase II Psychiatric Specialists Classroom has been relocated to Room 610 of 6 South (Staff Education Area) of Bldg. 500.

The school's instructors offices will remain on 5 North of the same building with phone extensions 2311 and 2312.

Instructors may be contacted during class through the Staff Education Receptionist on 6 South, telephones 2003, 2110, 2522 or 2523.



- If your child is in high school, encourage him or her to consider the possible avenues of higher education or vocational training.

Your children's career choices will have a long-term effect on their lives, so help them choose wisely. (NES)

---and education---

Naval districts to be disestablished Sept. 30

All Naval Districts, with the exception of Naval District Washington, D. C., will be disestablished on Sept. 30.

This change is being made to streamline the Navy's organizational structure. The functions and resources of the currently operating districts will be transferred to Naval bases in the areas as follows:

- Fourth Naval District functions and resources will be assigned to Naval Base Philadelphia.

- Thirteenth Naval District functions and resources will be transferred to and used to establish Naval Base Seattle.

- Fifth, Sixth, Eighth and Eleventh Naval Districts, which currently have no resources, will also be disestablished.

Community relations and area coordination will continue to be the responsibilities of Naval Base Commanders and the Chief of Naval Reserve as CNO area representatives.

Watch out for the...



It's time to read the small print on the credit statement again.

Starting in early 1980 several of the nation's largest retailers as well as many banks which issue credit cards will be using a slightly different system of computing the finance charges when there is an outstanding balance.

It's slightly different, but it will bring in millions of more dollars from the pockets of consumers.

Most credit-extending stores and businesses used a system based on the "average daily balance." If you had an average daily balance of \$100 over the billing period, you were charged a finance charge on that amount. At 18 percent — the usual credit charge — you would owe an additional \$1.80 at the end of the billing period. This would hold true even though you purchased an item for \$50 in the middle of the period.

Under the system previously used, the store would exclude current purchases from the finance charge for at least one billing cycle, giving customers a grace period.

Not so anymore for most of the larger retailers and credit card companies.

Under the new system consumers will have to pay interest from the day they purchase merchandise or services when there is an outstanding balance in the account, instead of having an interest-free grace period.

Now, if you have a \$100 balance owed and purchase a \$50 item in the middle of the billing cycle, your finance charges will be computed on the new purchase from the date it was entered on the account. Your finance charge under this system would be \$1.88. Doesn't sound like much, but it comes out to be a 25 percent increase in the amount you pay.

A charge customer who has no outstanding balance or who pays the entire new balance before the due date will not be affected by the change.

So, the next time you get the old credit statement, take a long and hard look at the small print and see if where you do business is now making just a little bit more from your business. This new method of computing finance charges is not illegal, as long as the companies conform to State laws; but it represents another bite out of the pocketbooks of those who use credit cards.

Getting out? This may be an answer

Attention all Allied Health Professionals: If you're job hunting, about to graduate or thinking about returning to the work force, your password to finding a position could be CAHOP.

That is an abbreviation for the California Allied Health Occupations Project, a free state service whose sole purpose is to bring together job seekers and health care employers to alleviate critical shortages of allied health professionals in certain areas of Northern California. These areas include rural locations, small towns, or portions of large urban areas.

Who is an allied health professional? Well, not even those in the know are certain. Some estimates place the number of occupations as high as several hundred. It can include persons in dental services, environmental health, laboratory services, nursing and related services, physician support, radiology services, and many others.

It is agreed that the term allied health professional does not include dentists, physicians, registered nurses, podiatrists, optometrists, veterinarians, pharmacists and osteopaths.

CAHOP counselors are available free to anyone who wants information on job location or counseling on finding employment.

CAHOP services also include:

- * Information on allied health careers.
- * Continuous job referrals.
- * Details of medically underserved areas including housing, education, recreation.
- * Special veterans' counseling.
- * Insertion of your name, occupation, and brief professional history into a monthly roster called FOCUS which is distributed to over 550 employers.

Qualified allied health job seekers or undergraduates are invited to use the service. Applications are obtainable from California Allied Health Occupations Project, 455 Capitol Mall, Suite 120, Sacramento, CA. 95814 (telephone (916) 445-8504).

CAHOP is an expanded version of the former MEDHIC program which registered only veterans. It is funded by the Public Health Service, U. S. Department of Health and Human Services and administered by the Office of Statewide Health Planning and Development.

Military days at Santa Cruz

Military Days at Santa Cruz Beach Boardwalk will be featured the weekend of May 17-18.

Just present your current military identification card or badge at any Boardwalk ticket booth. That will entitle you to purchase any number of unlimited ride wristbands.

One I.D. or badge is good for the

whole family or group and you can ride all the rides from 11 a.m. to 11 p.m. on Saturday, or from 11 a.m. to 8 p.m. on Sunday for \$4 each (a savings of \$2.50).

This offer is open to all active and retired military personnel, civilian employees on military bases, their families and guests.

New classes for kids, teens

The San Francisco Central YMCA will begin a new series of creative classes for children and teens beginning May 12 at Fort Mason.

Included will be classes in drama, story-telling, crafts and dance.

For more information, call the Y at 885-0460.



The term "bedlam" originated from a notorious London asylum for the insane, where inmates were sometimes kept in cages and exposed to the view of 18th century visitors for a small fee.¹

©H. T. Bannister, Jr. 1978

¹FOOTNOTES IN MEDICINE

Time to Shape Up
for Summer

People make news ---



FARE-THREE-WELL—Mr. John Pearce, former Navy Exchange Food Services Manager, retired April 30 after 18 years service. Mr. Pearce supervised Snack Bar operations at Oak Knoll since September 1962. Margaret Johnson, Snack Bar employee, expressed the feelings of coworkers saying, "He was a wonderful supervisor and we all enjoyed working for him. We really hate to see him go. . . we'll miss him." In his photo, John is flanked by two of his former employees, Mary Corral (left) and Helen Crow.

Six region officers promoted

Congratulations go to the following regional personnel promoted to rank indicated:

Captain Bruce Rasmussen, Medical Corps, Ophthalmology Service.

Commander Wade Wong, Medical Corps, Radiology.

Lieutenant Commander Marion

Anthony, Medical Corps, Treasure Island Branch Clinic.

Lieutenant William Nunns, Nurse Corps.

Lieutenant Dennis Steffen, Nurse Corps.

Lieutenant William Lukasik, Nurse Corps.

Pendleton medic in fellow finals

Lieutenant Commander Alexander Rodriguez, Medical Corps, U. S. Navy Reserve, who is serving at the Naval Regional Medical Center, Camp Pendleton, Calif., has been selected as one of only four military finalists in the

White House fellow competition. Thirty-three national finalists were selected.

During the period of May 16-19, interviews will be conducted to select the 15 White House fellows.

Nurse in spotlight:

Continues onward and upward

"I've thoroughly enjoyed my stay at Oak Knoll. The people here are warm and friendly. . . but, I'm really looking forward to continuing my education," said Lieutenant Deborah Young.



Lt. Deborah Young

The Intensive Care Nurse on Ward 6 East leaves here May 29 to attend the Naval Postgraduate School in Monterey, Calif. . . She'll begin studies at the prestigious school for promising officers in July, working for a master's degree in manpower analysis.

Joining the Navy, "because it offered me the opportunity for professional and personal growth," Ms. Young appears to be well on the way towards attaining her objectives.

The daughter of retired Air Force Major and Mrs. Robert Young of Warner Robins, Georgia, developed a taste for the "the excitement" of military life while accompanying her father on overseas assignment.

A graduate of the Medical College of Georgia, the Navy woman held previous billets in Portsmouth, Va., and Guam. Lt. Young has been assigned here since February 1977.

The officer's younger sister is presently attending nursing school in Georgia and has applied to the Navy Nurse Corps to follow in her sister's footsteps.

Kudos.

Letters of Commendation

Legalman Second Class Connie Sue Maxwell, Legal Office, from Director Navy Legal Service, for duty in Naples, Italy.

Hospital Corpsman Third Class David Rowen, formerly of Coronary Care Unit, from NRMCO command.

Quality Salary Increases

Susan Rogner, Licensed Vocational Nurse with Nursing Service.

Weldon Miles, Deputy Equal Employment Opportunity Officer.

Letter of Appreciation

Lieutenant Barbara Bales, Nurse Corps, recently detached to Okinawa.

Civilian Special Achievement Awards

Barbara Budesilich, Operating Management Service, Telephone Operator.

Dolores Fry, Operating Management Service, File Clerk.

Lewis Whittington, Operating Management Service, Housekeeping Foreman.

Frederick Taylor, Operating Management Service, Housekeeping Officer.

Celia Hatfield, Nursing Service, Medical Clerk.

Length of Service Awards

Luther Murphy, Housekeeping, 30 years.

Charles Dyson, Transportation, 30 years.

Rose DeArce, Nursing Service, 20 years.

Quentin Moore, Housekeeping, 15 years.

Charlotte Simonson, Nursing Service, 15 years.

Betty Anderson, Housekeeping, 10 years.

Robert Thompson, Drug Lab, 10 years.

Good Conduct Awards

Hospital Corpsman Third Class Michael T. Howard, Main Operating Room.

Chief Hospital Corpsman Danny Michael Barron, BuMed EOPS Detachment (second award).

Dental Technician Third Class Deborah Boulanger, Dental Service.

Hospital Corpsman Second Class Rory D. Dunaway, Outpatient Service.

Hospital Corpsman Third Class Francisco A. Resa, Urology Service.

Mrs. Rose honored as volunteer

Mrs. James P. (Ella) Rose, a Red Cross volunteer who has served Oak Knoll for many years, was one of eight semi-finalists selected from a field of 40 outstanding volunteers from numerous health and welfare organizations throughout Alameda County in the Macy's Germaine Monteil Activist

Award Program.

Mrs. Rose, 90, was honored during Volunteer Recognition Day on April 28 at Southland Mall in Hayward. She received a certificate from the Volunteer Bureau of Alameda County for the work she is doing at Naval Regional Medical Center Oakland.



SYMBOLIC SNIP—Captain Louis U. Pulicchio, representing the NRMCO command, and Petty Officer First Class Vincent Barnes of Seabee Unit 416 join efforts in cutting the traditional ribbon opening a newly-constructed service building in the recreational area of Oak Knoll. The project was one of several improvements made to the picnic and playground area by self-help volunteers of the command under instruction and help of the Seabees from Alameda. Others in the photo include three unidentified Seabees and Hospitalman David T. Truchon, who was the NRMCO self-help director.

Comings and Goings

"Welcome aboard" to:

Commander Alfred Martin, Medical Corps, Surgery, ACDUTRA.

Lieutenant Commander Merry Gotch, Nurse Corps, ACDUTRA.

Commander Steven Gibbs, Medical Corps, Alcohol Rehabilitation Service, ACDUTRA.

"Fair winds and following seas" to recently detached:

Lieutenant Barbara Bales, Nurse Corps, to Okinawa.

Mr. Boyd Conyers, Food Service, retired from civil service.

Hospital Corpsman Third Class David Rowen, Coronary Care, released from active duty.

--and more news--

Civilian technician writes booklet on sole repair at home

You might say his job is saving soles. Walter Sorrells, an orthodist in Navy Prosthetic Laboratory at Oak Knoll for the past five years, designs and fits specially-needed shoes for some of the hospital's patients.

But it doesn't end there. He and his wife Wilma have just published a booklet, "Do-it-Yourself Sole Repair," and they're now writing, "All You Want to Know About Shoes and Didn't Know Whom to Ask." A couple of years ago, they published their first booklet, which told how to repair gym shoes.

About the pamphlet currently on the market, Walter said it is "for the cost-conscious runner who'd like to repair his own running shoes." It is a 28-page booklet now on sale in shoe stores that specialize in athletic footwear.

On the job, the civilian employee sometimes makes the shoes needed by patients "from scratch," making his own patterns and lasts. Last month he filled 25 prescriptions for hospital patients with foot trouble. Co-worker Gene Belmuth made him a custom tool to use at his work site bench which has helped in the manufacturing process.

When he lived in Vacaville, he repaired running shoes at home, and even handcrafted a pair of butter soft oxfords for his wife. Since he's moved to Oak Knoll, however, Walter no longer has room for the necessary equipment.

The Muscatine, Iowa man's father was a button cutter. (Three-fourths of the world's shell button supply originates in Walter's hometown.)

Mr. Sorrells attended school in Mason City, Iowa, where he also wrestled for his high school team and took up the general art of judo.

He joined the Marine Corps in 1952 and 15 days after discharge in 1955, entered the Air Force, making the flying service a career and retiring Oct. 1, 1972 from his last duty station at Travis Air Force Base, Calif.

Mr. Sorrells next went to work at the California Medical Facility at Vacaville as a medical technician assistant, a job which put him in contact almost daily with several notorious murderers and other hardened criminals.

By that time, however, he was skilled in martial arts and self-defense, and had earned his first degree black belt in judo.

He and his wife, a nurse's aide who works at a convalescent hospital, moved to Oak Knoll last July to cut the long commute from their home to Oak Knoll.

Although he's had to give up the hobby of sky-diving (he was on the Travis Jump Team), he's still into scuba-diving and has also lectured at Laney College.

How did he get interested in shoes? we asked, and he said he had been a psychiatric technician in the Air Force for nearly seven years of his service, then cross-trained into an orthopedics brace shop after special schooling at Lackland Air Force Base, Tex.

While employed at Oak Knoll, he has visited both the Boston Shoe Clinic and the Veterans Administration Hospital at Wadsworth, where he has observed and picked up many tricks of the trade.

Yes, Walter enjoys his work. He writes books about it.



SHOEMAKER—Walter Sorrells, orthodist in the Navy Prosthetic Laboratory on the first deck, poses with two pairs of shoes he designed. The pair on the left was made at home and belongs to his wife Wilma. Those on the right were designed for a patient with a special foot problem. The civilian employee has recently authored a book on sole repair.

Graduation for psych specialists

Graduation ceremonies will be held May 16 at 9:30 a.m. in the conference room across the hall from Clinical Assembly for four corpsmen who will complete neuropsychiatric technician training here.

Graduating from Class 80004 will be: Hospitalman (HN) Gene Cavazos, who will soon go to new duty at National Naval Medical Center Bethesda, Md.; Hospital apprentice (HA) Wayne Italiane, Naval Regional Medical Center Okinawa, Japan; N Mark Naglich and HA Douglas York, both to Naval Regional Medical Center Portsmouth, Va.

Easy steps to save energy

A house is like a ship floating in a sea of air. Like water, the air tries to find its way in through every crack. In the winter, the cold air that leaks in has to be heated, and it forces already heated air to leak out. Here are two suggestions from the U. S. Department of Energy for keeping hot and cold air where they belong.

When people think of caulking and weatherstripping, they generally think of windows and doors. But most energy studies find that only 20 percent of that costly infiltration comes through these places. The other 80 percent gets in, or out, underneath the baseboards, through wall outlets, through holes where plumbing pipes and telephone wires enter the house, through holes around exhaust fans, around dryer vents, and around sink and bathtub drain pipes as they exit from the house. These gaps and holes should all be caulked or stuffed with insulation. The electrical outlets can be sealed with inexpensive gaskets that can be purchased at hardware stores.

Turn off the electrical current switch for the outlets in question,

remove the plastic cover plates with a screwdriver, insert the gaskets, reattach the plates and turn the current back on.

Don't duck the ductwork.

There is no need to insulate where your heating and/or air-conditioning ducts pass through the living areas of the house. But, ducts which pass through unfinished attics or basements cause necessary energy and money losses. Covering ducts can save up to \$100 a year in heating costs and \$35 in central air-conditioning costs.

The most inexpensive approach is to use 2-inch foil-backed insulation and insulate the ducts yourself, remembering to keep the foil facing outward. It is most important to seal the cracks between each section of ducting with flexible caulk before you add the insulation. Hidden air leaks coming from these cracks can limit the effectiveness of the insulation.

Encircle the ducts with insulation. Use duct tape to seal all the cracks between each section of insulation, and also seal the seam where each piece of insulation joins itself. (NES)



OFF TO SCHOOL—Lieutenant Commander L. Gale Probst, charge nurse of the Emergency Room will leave Oak Knoll on May 13 to become a student again, this time at the University of Washington where she will begin work on her second master's degree, this one in nursing administration. She holds another masters in education from Pepperdine University and a bachelor of science from University of Virginia. Commander Probst has been assigned here three of her 11 years in the Navy. She originated the "Nurse in the Spotlight" series in Oak Leaf and last year won the George Washington Honor Medal from the Freedoms Foundation at Valley Forge for a patriotic essay. Commander Probst and her husband Fred have purchased a home in Bellevue, Wash. She is the daughter of Mrs. T. Andrew Ahroon of Colorado Springs and the late Rear Admiral Ahroon.



BORROWED BILLET—When Senior Chief Hospital Corpsman Jerry Price returned to his office in Military Manpower Service the other day he found he had been replaced by none other than the Pink Panther. "If you're going to sit there at my desk," he told the big cat as he handed him some incoming reports, "you might as well do my work too." After hearing that comment, the pink cat was said to make a hasty exit.

55 MPH WE CAN LIVE WITH IT

Speaking of health care ---

Outpatients volunteer for diabetic exercise research

Approximately 25 outpatients of Naval Regional Medical Center Oakland have volunteered to participate in an

ongoing research project funded by the Clinical Investigation Center (CIC) to monitor the effect of exercise on

diabetics and the role exercise plays in management of the disease.

Commander Stephen B. Lewis, CIC Director, said that at the end of the eight-week program, the patients will be studied again to see if insulin dosage for good control can be altered by results of exercising.

Lieutenant Commander Mary Dohrmann, cardiologist on the Oak Knoll staff, will continuously evaluate the patients throughout the course to avoid any possible heart risks.

The exercises are conducted in the Base Gym on Monday, Wednesday and Friday mornings, one class at 7:30

a.m., the other at 9 a.m. The patients do stretching exercises on stage for 10 minutes, followed by jogging around the grounds for another 20.

Ms. Janine Holloway, exercise physiologist who is working on master's in the same subject at University of California, Berkeley, is in charge of the exercise classes. She is assisted by Gary Moss, another University of California student, and Lieutenant Commander James J. Nurse Corps, and Hospital Corpsman Third Class Jack Barrett, both of CIC staff.



STRETCHING—In limbering up prior to their jog around the grounds, patients do stretching exercises in the base gym.



JOGGING—The same group of patients take an invigorating jog around the block as part of the research into the effects of exercise on diabetics. The woman runner at curbside is Ms. Janine Holloway who is developing the exercise program.

Herbicide used in Vietnam.

Studies on Agent Orange inconclusive, says VA

The Veterans Administration is still trying to find out if Agent Orange, the herbicide used in Vietnam, had any long-term effects on human health. Max Cleland, VA administrator, said no positive conclusions had been reached, "despite major efforts by many agencies and individuals."

Cleland, a triple amputee veteran of fighting in Vietnam, told a House of Representatives Veteran Affairs Subcommittee: "I want you to know, as one who has a personal stake in this question, that we at the VA, including the 39,000 Vietnam veterans employed by VA, are committed to obtaining and disseminating accurate information as soon as humanly possi-

ble. In the meantime, we shall continue to provide every eligible veteran in need of treatment appropriate medical care regardless of causation. We owe them no less."

Cleland told the committee that most of the available data on the effects of a toxic element of Agent Orange called dioxin or TCDD, comes from experiments on animals, not humans.

He said that while these experiments have shown that harmful and even fatal effects can be produced by concentrated doses over a prolonged period, "the relevance of these animal studies to humans is unclear at the pre-

sent time."

"The only way to determine their relevance," he added, "is through meticulously designed, long-range epidemiological studies of humans exposed to TCDD in industrial or laboratory accidents, or, as in this case, possible exposure in Vietnam."

Noting that human studies on TCDD exposure so far have been very limited in size and do not resolve questions concerning human toxicity, Cleland said:

"Thus far, no human study has shown any evidence for a delayed syndrome of toxicity of any Agent Orange constituent encountered under acci-

dental conditions. In fact, the only long-term disease in humans clearly associated with such exposure is the skin condition chloracne. Therefore, there is not now any proof that a definite 'Agent Orange Syndrome' exists in Vietnam Veterans."

To date, Cleland said, 1,233 disability claims involving exposure to Agent Orange have been decided. At regional offices around the nation, 21 instances, the disorders claimed to be due to the herbicide were found to be service-connected, but in none of them was it necessary to determine whether Agent Orange was a causative factor.

For exercise or economy, 'Peds' move out on foot

Mass marathons by swarms of long-distance runners make the front pages these days, but these paragons of pain are unable to trample a quieter group who walk—not run—for pleasure.

Walkers don't seek spiritual exaltation or the world's lowest pulse rate. Some may be walking for mild exercise or to save gasoline, but millions of military members, business people, housewives, secretaries, dedicated hikers, Sunday strollers, and retired civil servants are hitting the trail in the spirit of

Walt Whitman's lines:

Afoot and light-hearted, I take to the open road, Healthy, free, the world before me."

Professional walking matches were popular in the 19th century, points out the National Geographic Society. Foster Powell, a famous pedestrian, or "ped," as the professionals were called, was immortalized in an epitaph that read: "For quick ideas some we praise, And men of talents meet; But this man's fame—and fame it was, Lay

Wholly in his Feet."

An Englishman, John Lees, holds the current record for walking across the United States. In 1972 he walked 2,876 miles from Los Angeles to New York in 53 days, 12 hours, 15 minutes. He averaged almost 54 miles a day. The importance of walking as a healthful exercise was long prescribed in the old adage, "After dinner rest a while; after supper walk a mile." And numbers of walking enthusiasts have lived

to a ripe old age. One, James H. Hing of Teaneck, N. J., a giant ambulator, marked up 270,000 miles in his long ambulatory career. He never stopped until his death at the age of 101. He advised neophytes:

"The whole trick is stepping off with the big toe of one foot, forward with the other, landing on the heel, arms locked, arms swinging. I averaged about 40 inches to the stride. . . really moving along."

---and the medical scene---

DEERS to leap across nation by fall 1980

DEERS—Defense Enrollment/Eligibility Reporting System—will leap across the Middle America and make an appearance on the West Coast in the fall. The new concept, a computer-based enrollment system which will be used initially to verify eligibility for military health and medical care benefits, started in southern Virginia and North Carolina in early 1980.

Through DEERS, the possibility of fraud in the health and medical care areas will be drastically reduced. When a military member, dependent, or retiree seeks medical service from a Uniformed Service health facility, their eligibility will be verified in a matter of minutes through a telephone-computer link.

CHAMPUS will also be able to enter the computer system to quickly confirm an individual's entitlement to authorize services.

The West Coast enrollment will cover beneficiaries in Oregon, and selected areas in the northern and central parts of California and northern Nevada.

Enrollment in DEERS will be automatic for members of the Armed Forces.

However, enrollment of dependents will be the responsibility of military sponsors. Such enrollment will be necessary whether or not the dependents have identification cards. Social Security numbers will be used for enrollment. Beneficiaries will be notified through command channels and the media.

Intensified enrollment will be held in selected West Coast areas during the period August-November 1980. Initial eligibility checking will start in December as the West Coast eligibility center in Monterey, California, starts operations.

Installations

Major installations for DEERS implementation on the central West Coast will be—

- **Army:** The Presidio of San Francisco, Fort Ord, the Sierra Army Depot, and the U. S. Army Ammunition Depot in Hawthorne, Nevada.

- **Navy:** NAS Lemoore, NAS Fallon, NAS Alameda, NSD Oakland, **NRMC** Oakland, NS Mare Island, the Naval Postgraduate School in Monterey, NS Treasure Island, NAS Moffett Field, and the Personnel Support Activity, San Francisco.

- **Air Force:** Travis AFB, Beale AFB, Mather AFB, Castle AFB, and McClellan AFB.

Two Coast Guard units, the Training Center Clinic in Alameda and the 12th District Clinic, San Francisco, and the Public Health unit in San Francisco will also be among the installations involved in the initial phase.

Announcements concerning enrollment will be made at the appropriate time at these installations.

Former POWs, disabled vets now eligible for dental care

If you are a former prisoner of war who was held for more than six months, you are now eligible for any dental care deemed necessary by the Veterans Administration under a new program.

Also eligible for the dental care are certain veterans whose service-connected disabilities are permanently rated at 100 percent.

Dental treatment for former prisoners of war was previously limited to dental programs rated as service

connected. A new law—Public Law 96-22—now distinguishes between former POWs held captive for less than six months and those who were prisoners for six months or more.

Under certain conditions, veterans living in localities remote from VA health care facilities may be authorized treatment by private dentists.

These additional groups are also eligible for VA dental care—

- veterans with compensable service-connected dental conditions.

- veterans who apply within one year of discharge for treatment of service-incurred dental conditions.

- veterans with non-compensable service-connected dental conditions caused by trauma,

- individuals with service-connected medical conditions which are

professionally determined by the VA to be aggravated by a dental condition.

- certain veterans in VA rehabilitation programs, and

- veterans of conflicts prior to World War I whose dental conditions are presumed to have been service connected.

Contributions sought for medical history

Medical Department personnel, active and inactive, are invited to make voluntary contributions to the Navy Medical Department Historical Fund, which was created to acquire and maintain items of historical significance, including portraits designed to perpetuate the memory of distinguished members of the Medical Department. These memorials are displayed in the Bureau of Medicine and Surgery and at the National Naval Medical Center.

All monies received are deposited in Washington, D. C. institutions to the credit of the fund and are subject to semiannual audit for correctness or receipt of disbursement. Expenditures are made as approved by the committee for its stated objectives.

Since the last appeal of this nature in 1972, contributions have been infrequent and the resources of the fund have dwindled to a level that precludes the accomplishment of approved projects.

If you wish to contribute, please send your check or money order, payable to Navy Medical Department Historical Fund, to Treasurer, Navy Medical Department Historical Fund, Bureau of Medicine and Surgery (Code 01B), Department of the Navy, Washington, D. C. 20372.

Ortho pathology course subject

Approximately 30 to 50 physicians, both from Naval Regional Medical Center Oakland and the outside community, are attending a review course in orthopedic pathology here on Wednesday evenings in the ENT Classroom.

Conducting the course is Dr. Jim Johnson, Professor of Orthopedics, University of California, Berkeley, and Chief of Orthopedics at Kaiser Hospital in Oakland.

Most of the students are orthopedic surgeons who have recently completed their residencies and are preparing for specialty boards, although some radiologists and pathologists are also in attendance, according to Lieutenant Douglas F. Hein of Oak Knoll's Orthopedics staff.

The instruction will end in September.

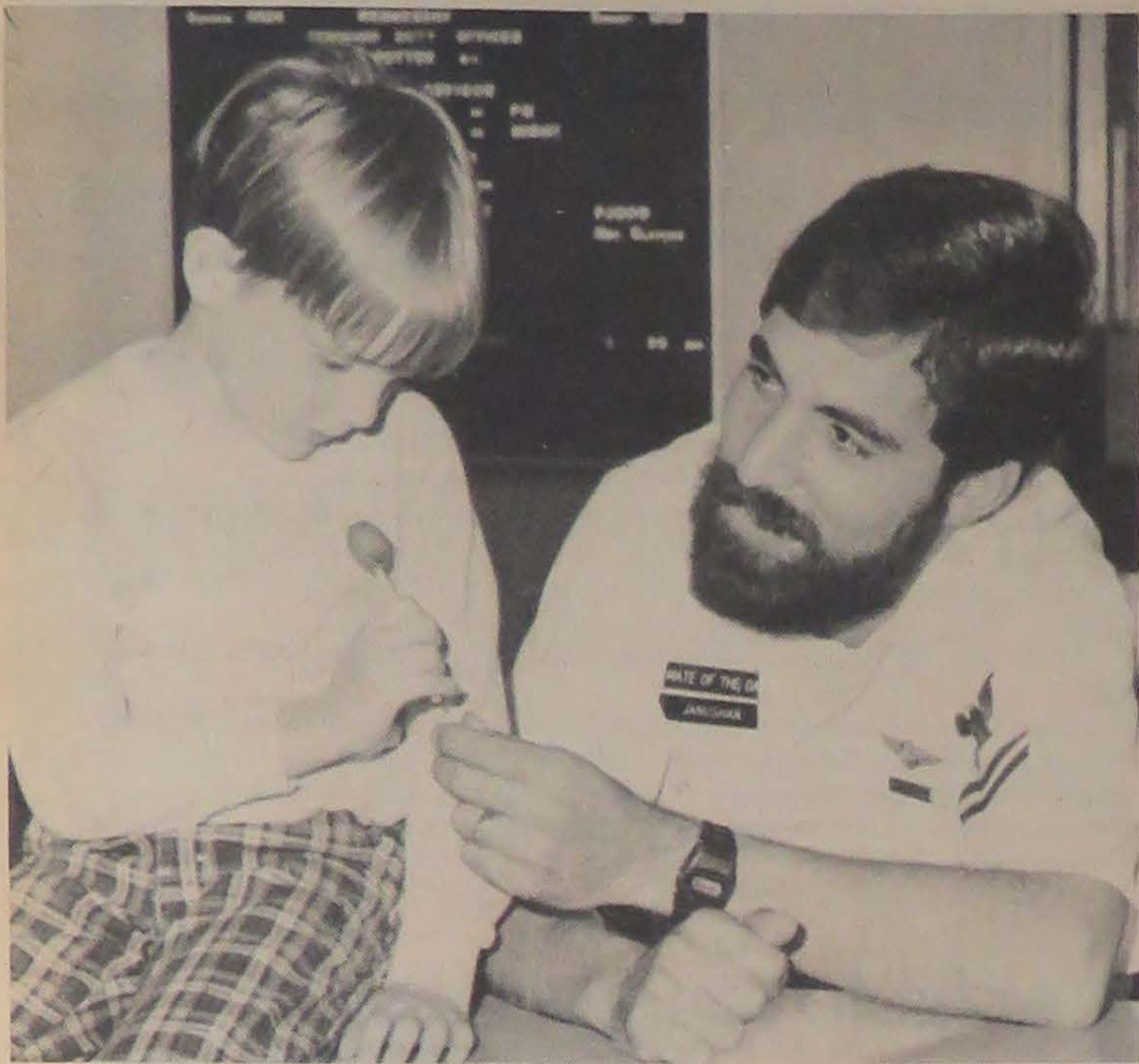


NEW THERAPIST—Marian Sandell, Enterostomal Therapy Nurse, Surgery Clinic, talks with patient, retired Marine Corps Major Norbert Derr. Mrs. Sandell arrived at Naval Regional Medical Center, Oakland, last month to offer services in a specialty not previously available here. Major Derr was enthusiastic about the new services, "I think it's great... in the past I had to travel some distance to another hospital... it was an inconvenience."



NEW HEALTH DIRECTOR—Lieutenant Commander Mark Peterson, psychiatrist who recently reported to duty, has been appointed Community Mental Health Director for Naval Regional Medical Center, Oakland. He'll coordinate civilian and military resources in developing a mental health program here.

With the family ---



SWEET REMEDY—Mate of the Day, Hospital Corpsman Second Class Richard Janushan of Operating Management lifts Joe Martin's spirits with a lollipop and a few kind words. The five-year-old became lost when he wandered away from his mother in the pediatric clinic. The bewildered child was brought to the OOD's Desk where quick action brought the situation under control and returned the little boy to his mother. It was all in a typical day's work at the busy information center of the hospital.

Tell the family you sponsor about Cub Scout Pack 428

Sponsors of new members to the staff arriving over the next few months requested to inform incoming parents about the medical center's Cub Scout Pack 428.

Pack membership is open to boys aged 6 through 11, and includes separate activities for Webelos (Age 10-11), Cub Scouts (Age 8-9) and Beavers (Age 6-7).

Activities are numerous, with field trips, local events and participation in Area scouting programs only part of the fun.

For additional information, contact Mike Lawson, 562-3765, or Earl Martin, 636-0562.

VA offers help to energy-savers

Veterans Administration (VA) Chief Max Cleland has announced a new program to help veteran home-buyers finance energy-saving home improvements.

Cleland said that under the plan, the cost of such items as solar heating and cooling systems and insulation and storm windows can be added to the mortgage balance when installed in conjunction with the purchase of an existing home.

Improvements can be financed for

up to 30 years without any down payment and usually can be made after VA has approved a loan without further government involvement.

Eligible veterans who are interested can discuss the program with guaranty specialists at their nearest regional office or with their lender.

The addresses and toll-free telephone numbers for VA regional offices can be found under U.S. government listings in local telephone directories. (NES)

Beauty bargains in the kitchen can help to stretch the budget

By Penny the Pincher

"Madame Marlow's Marvelous Mask"... "Freddy's Fruit's Fantastic Shampoo"... "Panther Princess Perfume"... "Pandora's Box of Bath Pearls"... "Lillian's Luxury Face Cream"... "Wrinkle Be Gone"...

The beautifully packaged, scented products almost leap off the cosmetic counters at one, and even when we avoid the tempting displays in department, drug and variety stores, we are still subject to the hard sell in women's magazines. Polished copy and stylish models tell us that we, too, can be as appealing as the glamorous ladies in the ads with the handsome men draped around their shoulders if we just buy the magic product they advertise. Sure—just buy, buy, buy and we, too, can become femmes fatales!

While there are a great number of good quality cosmetic products on the market, none of them can make a movie star out of a glass jar. If used



properly, they *can* make a woman temporarily look more attractive and therefore cause her to *feel* better about herself. They *won't* make the character lines of age disappear. They *won't* (for long) camouflage an unhealthy skin. They *can't* reduce the elephant ears we were born with, the big nose we inherited, or the basic bone structure of our ancestry. One of the best points about the modern commercial products is that they contain preservatives and therefore *do* last a reasonable length of time without turning rancid. Here, too, however, a word to the wise applies: Some people unfortunately, are allergic to the same wonderful ingredients that keep the product from spoiling.

Regardless, most of all these "miraculous" cosmetics *can* and *do* take a chunk out of our budget.

What can we do about it? We can use the smarts dear old granny used during the depression, and her grandma before her who didn't have access to today's high fashion beauty technology, laboratories... and *salesmanship*. We can look around home and find a variety of things that will substitute quite well for the same function as the alluring manufactured product at a fraction of its cost.

Let's explore some ideas together:

For the bath

- A few drops of olive oil in the bath will lubricate dry, flaky skin as well as the most expensive beauty oil to be purchased. (Of course, if you use too much, you may smell like a tossed salad, but what's wrong in making your man a little hungry?)

- Rub a handful of coarse salt over the body before the bath as an invigorating body bracer and/or dead skin remover. Works great on feet, too.

- Soften hard bath water with a bit of baking soda and take the sting out of any mosquito bites you might have at the same time. (Meat tenderizer from your kitchen cupboard, when mixed with a few drops of water and applied directly, is also effective for insect bites.)

- Substitute corn starch for after-bath powder. It has a pleasing mild odor and will make your body feel silky... especially nice on a hot summer day to soothe away the irritation of too much sun.

- As an after-bath lotion, or something for the hands after dishwashing, you may want to try a mixture of glycerine and rose water (buy ingredients from a pharmacy). In the old days, this was about all Grandma had to relieve her chapped, hard-working hands from roughness and pain.

Care of a dry face

- Try a honey-banana mask. Although honey supposedly tightens pores and brightens skin, it won't be too drying if mixed with banana. Mash one ripe banana with two teaspoons of honey until a paste is formed. Spread paste over clean face, leave on for 15 minutes, then wash off with warm water. (Special note: A dermatologist we consulted said this mask does *not* close the pores, but added that there is no danger in applying this to the face if one wants to experiment. If it doesn't work for you, don't throw out the mixture—it might taste good on pancakes!)

- Condition the skin with mayonnaise.

- Bracers or astringents to tighten the skin should be used sparingly by the dry-skinned person. When you feel the need for a fresh toner, you can save by using this idea:

Peel a cucumber, slice in half, and place one half in blender. Add five to six spoonfuls of yoghurt and blend for a few seconds. Strain and use the liquid by patting gently over the face.

- Use fresh milk or buttermilk to cleanse the skin; olive or salad oil to remove stubborn mascara.

The oily complexion

- Egg white left to dry will draw oil and tighten open pores. Lightly beat one raw egg white and spread over skin. Leave on 10 minutes, then rinse.

- Blend peeled cucumber with grapefruit segments until creamy. Spread Pat face with milk-soaked cotton, then spread mask evenly on face and leave on for 20 minutes before rinsing.

- Mix juices of one each lemon and grapefruit. Add about the same amount of 70 percent ethanol (purchase at drugstore). Pat on face.

Normal skin

- Mix a tablespoonful of honey with two of papaya. Blend until smooth. Leave on face 15 minutes; rinse.

- The yoghurt and cucumber bracer described above may also be used on normal skin types.

Spots, blotches

- Straight lemon juice will have a bleaching effect (but remember, it's very drying).

(Continued to Page 11)



"SAY CHEESE" the photographer directed, and Chris Lay, 6, gladly complied. The young man, the son of Chief Hospital Corpsman Herb Lay of Education and Training, was one of those enjoying the picnic following the recent base cleanup drive.

Little acorns...

The following addition to the Regional Medical Center, Oak Knoll "family" has arrived at Oak Knoll.

A baby girl to Hospital Corpsman Second Class Richard A. Janushan, OOD's Desk, and his wife Lesli, 19.

Sports ---

Our women off to good start in varsity slowpitch softball

The NRMCO women's varsity slowpitch softball season opened April 16 with a home game hosting Skaggs Island. Sandy Geer pitched a shutout against them to win the game 11-0.

The women also went to an invitational tourney at Mare Island. In the first game, Oak Knoll was defeated by Mare Island 6-0, but was not to be shot down. The second game saw Oak Knoll trailing the entire game until the bottom of the sixth inning when our women finally tied the score at 15-all. At the top of seven, Oak Knoll retired the side in sequence and again came to the plate. Leading off with the single was Sandy Geer, followed by a single from Candi Mullett and

another by Nancy Hoffman. Then Amy Hershinger came to the plate to hit a double, winning the game 17-15 over DLI Monterey.

The next day Oak Knoll again defeated Skaggs Island 6-5 and finally lost to Moffett Field 12-8.

Oak Knoll came in fifth out of 12 teams and performed great overall, despite four injuries. The girls will be back in full force for their next game.

The coaches are looking forward to a great season and invite you all to come out and support our team.

Men's varsity softball team shows 'balanced defense'

For the men's varsity slow pitch softball team, the opening of the 1980 11ND season has shown the varsity in two well-played games.

In the opener, NRMCO played host to TI in a game that showed balanced defense and just enough offense to post a 7-4 victory. The defense, anchored by Mike Wogan at shortstop and Paul Pacetti at second base, showed little problems in stopping TI's attacks. Rod Cheser picked up the win on the mound, helped by the solid hitting from the bats of Wogan, Tom Schmidknecht and Virgil Cronkhite.

Week two of the season brought the USS KANSAS CITY to NRMCO and the men's varsity again found just enough offense, coupled with the pitching of Tiny O'Byrn and the hitting of Mick Holm, Lance Martin, Pacetti and John McGarr to pull out a finely played game ending 8-6.

The men's season is in full swing. The first five games are at home, so—join us in cheering our team to first place and have fun doing it!

NRMCO Slowpitch Schedule

Legend: (M) Men; (W) Women; (DH) Doubleheader				
Date	Team	Opponent	Location	Time
May 10	(W)	NAS Lemoore	There	11 a.m. (DH)
May 13	(M)	Mare Island	There (Vallejo)	5 p.m.
May 14	(W)	Moffett Field	There (Mt. View)	5 p.m.
May 15	(M)	Moffett Field	There (Mt. View)	5 p.m.
May 17	(M)	NAS Lemoore	There	11 a.m. (DH)
May 20	(M)	Treasure Island	There	5 p.m.
May 21	(W)	Skaggs Island	There (Vallejo)	5 p.m.
May 22	(M)	USS KANSAS CITY	T. I.	5 p.m.
May 27	(M)	Skaggs Island	There (Vallejo)	5 p.m.
May 28	(W)	NAS Alameda	Here	5 p.m.
May 29	(M)	NWS Concord	There	5 p.m.
May 31	(W)	DLI Monterey	There (NPGS)	11 a.m. (DH)
June 5	(M)	NAS Alameda	There	5 p.m.
June 7	(M)	NAS Fallon	There	11 a.m. (DH)
June 11	(W)	Mare Island	There (Vallejo)	5 p.m.
June 12	(M)	Mare Island	Here	5 p.m.
June 15	(M)	DLI Monterey	Here	11 a.m. (DH)
June 15	(W)	NPGS Monterey	Here	11 a.m. (DH)
June 17	(W)	Moffett Field	Here	5 p.m.
June 19	(M)	Moffett Field	Here	5 p.m.

The 11ND Women's Championships will be held at Mare Island, June 19-22; the Men's Championships at NAS Alameda, June 25-29.

Giants vs. Phillies in Navy Day game

Tickets are now available in the base Special Services Office (Bldg. 38, Ext. 2479) for the annual Navy Day at Candlestick Park June 22, when the San Francisco Giants will take on the Phillies in a game slated to begin at 10:05 p.m.

The tickets are upper stand box

seats in a very good location and sell for \$5 each, a saving of \$1 over regular cost. VIP tickets can also be obtained.

The San Francisco Navy Band will provide pre-game entertainment and the first 20,000 youngsters aged 14 and under will receive a Giant's tee shirt.

Officers' Mixed Bowling results

Following are the results of the NRMCO Officers' Mixed Bowling League:

High average: Tom McLaren, 156 (Men); Denise Boutin, 139 (Women).

Scratch game: Rob Rigdon, 228 (Men); Denise Gardella and Weggi Swint, both 181 (Women).

Scratch series: Robin Orr, 547

(Men); Vi Lawlor and Barbara Bales, both 450 (Women).

Handicap game: Frank Fisher, 263 (Men); Cindy Feller, 246 (Women).

Handicap series: Bruce Panas, 643 (Men); Fran Cox, 680 (Women).

Most improved: Gary O'Shaughnessy, +10 (Men); Sandy Youmatz, +7 (Women).

Good fishing possible nearby

A change in catfish limits in five East Bay Regional Park District Lakes has been announced. The limit has been changed from 20 to 10 catfish in Shadow Cliffs, Cull Canyon, Lake Chabot, Contra Loma and Don Castro so that more anglers have a chance to catch catfish following plants.

Generally, fishing in the area ranges from spotty to good. Lake Chabot (Castro Valley) was stocked with 3,000 lbs. of rainbow trout over the past couple of weeks. The trout here like salmon eggs, soft cheese and marshmallows, while catfish in this lake are hitting on nightcrawlers.

Del Valle (Livermore) park has reopened and trout fishing reported good near the bridge where clear water enters the lake.

Cull Canyon (Castro Valley) fishing has not been very successful, especially in the morning; however, some using nightcrawlers have caught a few two to four-pound catfish in the evening along the shoreline.

At Don Castro (Hayward) some fishermen have been catching a few trout near the spillway. Salmon eggs seem to be the best bait, while an occasional catfish is taken on chicken liver or nightcrawlers.

Trout at Shadow Cliffs (Pleasanton) seem to be hiding; anglers are getting nibbles but are having difficulty hooking the sly rascals. Best baits are salmon eggs and marshmallows on the same hook, or worms. Bass should become available as the weather warms.

Sturgeon, striped bass and starry flounders are being very successfully hooked at Pt. Pinole (Pt. Pinole Regional Park), with one sturgeon weighing 120 lbs. recently taken from the pier. Grass shrimp, ghost shrimp, pile worms and bullheads have all been successful as bait. (Minimum size for "keeper" striped bass is 16 inches total length; for sturgeon, 40 inches.)

Black bass, catfish and striped bass have been hitting well at Contra Loma (Antioch). Stripers and cats like clams and anchovies, whereas black bass are hitting spinners and other lures.

Persistent fishermen are catching trout in Oakland's Lake Temescal with salmon eggs and soft cheese. They are averaging a two-to-three trout catch in about two hours fishing.

A fishing access ticket (\$7.50 annual or \$1 per day) is required by law in all East Bay Regional Park District Lakes except Del Valle.

★ ★ ★ MOVIES ★ ★ ★

(EDITOR'S NOTE: The Clinical Assembly, an auditorium used for movies and other special events, is to undergo renovations in the near future. For that reason, no movies will be shown here from May 17 through May 26.)

May 9, 6 p.m., BLOOD BROTHERS—Paul Sorvino, Tony Lo Bianco—Drama/R
 May 10, 2 p.m., MARIE ANNE—Andree Pelletier, John Juliani—Drama/G
 May 10, 3:30 p.m., CANDLES—Helen Hayes, David Niven—Comedy/Drama/G
 May 11, 6 p.m., THE KIPLING CODE—Alain Noury, Horst Tappert—Drama/R
 May 12, 6 p.m., GOODBYE FRANKLIN HIGH—Lane Caudell, Julie Adams—Drama/PG
 May 13, 6 p.m., JUST TELL ME WHAT YOU WANT—Alan King, Ali McGraw—Comedy/R
 May 14, 6 p.m., THE AMERICAN SUCCESS COMPANY—Jeff Bridges, Belinda Bauer—Drama/PG
 May 15, 6 p.m., SEVEN—Ed Parker, Barbara Leigh—Action/R
 May 16, 6 p.m., PARTS—THE CLONUS HORROR—Dick Sargent, Laurele Tuttle—Science Fiction/R

Van pool available from Hamilton AFB

Attention, all personnel who live in Hamilton Air Force Base or Point Molate housing:

There is now daily van pool service between those housing areas and

Naval Regional Medical Center Oakland. Additional participation is invited.

For more information, contact Hospital Corpsman First Class Frank Gillette at Ext. 2311.



WORKOUT—Following a basewide clean-up and the dedication of a new building at the recreation area, NRMCO participants joined Seabees in a game of volleyball before the picnic which ended the busy day.

Off duty ---

Tickets now available for Hospital Corps ball

Tickets are now on sale for the annual ball celebrating the 82nd Anniversary of the U. S. Navy Hospital Corps. The semi-formal event is slated for June 20 at the Oak Knoll Officers' Club.

The planning committee has announced that the theme for this year's observance is "Days of Wine and Roses."

Activities will begin at 6 p.m. with a refreshment hour, followed by dinner and dancing to *Tashombe* and *Ocean Express*. The breakfast will also be served in the wee hours.

Tickets at \$6 per person, including dinner and breakfast, go on sale every day in the passageway adjacent to the dining room in the main hospital. Advance tickets may also be purchased from any committee member or from the information desk in the main lobby of the medical center.

Senior Chief Nathaniel Jenkins, chairman of the planning committee, urged corpsmen to come out and enjoy a festive evening. "This year promises to be better than ever!" he declared.

Qs and As of photo art

By David Wm. Hershenzon

EDITOR'S NOTE: If you have a question about photography, write it legibly on a card or piece of paper and drop it off at the Oak Leaf Office. Those questions of the most general interest will be answered and published as space permits. Personal replies are not possible. Any reference to a brand name is not to be considered an endorsement by this publication or its associates.)



Q: I'd like to learn how to take better pictures of people. Are there any good books on the subject you can recommend?

A: Kodak publishes an excellent large-format book that deals with portrait type photos of people in their environment. It's very detailed and exceptionally well-illustrated. Some of the subjects covered are lighting techniques (artificial as well as natural), making lens choices, composition, film choices for different results, proper exposure under varying lighting conditions and most importantly... establishing rapport with your subject. Well worth the \$12.95 for its 256 pages.

Q: I'm interested in both photography and auto racing and have seen photos of race cars where the image of the moving car is sharp yet the background is blurred and streaked. How is this accomplished?

A: The technique your're referring to is known as "panning" and is easy to do but requires some practice and

testing to be able to consistently repeat the results whenever you wish. "Panning" is simply moving the camera with the subject during the exposure at an arc approximately equal to that which the subject is moving. After framing and focusing on your subject, adjust camera controls for proper exposure. For panning this involves using shutter speed slower than that which you ordinarily would for handheld camera work. Experiment with 1/30th, 1/15th, 1/8th and 1/4 second exposures. The slower shutter speed will, of course, cause the background to be blurred. To close down the lens aperture to a smaller f/stop in order to get the proper exposure; subsequently increasing the depth-of-field adding to the image sharpness of the moving subject. Slow to medium speed films (ASA 25 to 100) are best for panning. Make several test runs with an empty camera to perfect your technique.



POPULAR FELLOW?—Although it was coincidentally Secretaries' Week, the flowers in the wine bottle vases being presented to Senior Chief Hospital Corpsman Nathaniel Jenkins by Dental Technician Second Class Joann Servinsky (left) and Hospital Corpsman Second Class Kathi Kimbol were not meant for him personally. They are decorations for the upcoming Hospital Corps Ball, which will carry the theme "Days of Wine and Roses." The three staff members pictured are all members of the Planning Committee, with Senior Chief Jenkins the chairman.

What's doing at Porthole

"Paul and Margie" will entertain customers at The Porthole tonight, while "Tashombe" plays May 16 and 30, and a DeeJay with tunes of the 1950s and 60s is on the program May 23. Also coming on May 24—a Country and Western Night.

On all Sundays for the month of May, the club will serve a special brunch from 10 a.m. to 1 p.m., and a

buffet from 4:30 to 6:30 p.m.

Dinners are available from 5 to 9 p.m. on Mondays, Wednesdays and Thursdays, and from 5:30 to 9 p.m. on Tuesdays, Fridays and Saturdays.

First run movies are shown on the big six-foot screen on Wednesday and Thursday nights, baseball on Monday nights.

Beauty bargains in the kitchen

(Continued from Page 10)

• Unless you have an allergy to tomatoes, this fruit (often mistaken for a vegetable) is said to help those with spotty skin if they drink the juice and eat the tomatoes raw.

Problem hair

• Dry, damaged hair? Try the old reliable olive oil, or get out the jar of mayonnaise again. Rub either into hair and scalp, cover with a shower cap or plastic bag, heat by sitting under hairdryer... or simply stay out in the sunshine for 20 minutes.

• Use a baby's shampoo product for your hair. It's gentle and usually less expensive than brands made for adults. Or, experiment with making your own from suitable ingredients found around the house. Another thing—if your hair is dry and not too terribly soiled—shampoo only once, even though the manufacturer recommends a second application. This way your hair is less likely to be damaged and expensive shampoo will last twice as long.

• Need a body builder (for your hair?) Warm a can of beer to room temperature until it loses its fizz. Apply the lukewarm, flat beer to your hair after shampoo. Leave on 10 minutes, then rinse well to remove the odor (which soon dissipates anyway).

• Want more shine? Add an egg yolk to your hair before shampooing.

Leave on 10 minutes.

• Need more bounce? Add fresh lemon juice (for blondes) or vinegar (for red or brunette hair) to the rinse water.

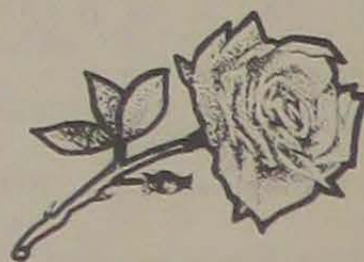
Other tips

Make friends with a cactus-like plant called aloe. Purchased at nearly any garden shop, this not unattractive houseplant grows well and requires little care. The sap from a single leaf will give immediate relief when applied to sunburn or kitchen burns, and helps prevent ugly scars as well. (Special note: I have had personal experience in the use of this aloe sap on a painful household burn and heartily endorse it. Our friend the dermatologist, however, says the use of the aloe plant, as well as Vitamin E oil, is highly disputed in medical circles. He prefers the standard, accepted method of plunging the burned limb or digit immediately into ice water, or applying ice directly to the burn if this isn't possible.)

Papaya juice or slices applied directly to insect bites will rapidly anesthetize irritation and promote healing.

These are but just a few of the ways possible to cut down on the high cost of products we use almost daily. Go to the library and learn other tricks, like how to make your own scents by drying roses and other flower petals.

or, try mixing up some concoctions of your own.



While strolling down the street in the Soviet Union's port city of Odessa a year or so ago, I saw a long line of Russian women queued in front of a street vendor with a card table. I wondered what popular wares she might be selling and was keenly surprised (and rather disappointed) to find that she had a few articles of very poor quality lipsticks and rouge on display. Later that same day, I took a tour of the city with a young female tour guide. Although she was basically very cold and unfriendly (at least to Americans), this young girl had beautiful eyes set off with discreetly applied eyeshadow that magnified these natural assets. I finally got enough nerve to ask her if her eyeshadow was manufactured in USSR and she told me it was nothing but coal. Her rosy cheeks, she confessed, were due to a

lot of hiking in brisk weather on mountainous trails and an occasional pig when no one was looking.

Red hair seems to be very popular in the Soviet Union and many of the Russian ladies I saw had the worst jobs possible. Although the ancient Egyptian women used henna profusely for the same purpose, it could not have been this product that produced such disastrous results. I never did learn what they used, but at least the women were obviously doing their best in searching for something to make themselves more attractive despite lack of such luxury as cosmetics.

The point I'm trying to make is that lucrative industries have been created through simple improvisation, experimentation in your own home can be fun. (Caution: Remember that homemade products will not remain fresh for long, so make up small batches as you need them and refrigerate the remainder. Never, but never, use caustic materials or foods or products to which you have an allergy. In doubt, check with your physician.) Who knows, perhaps some day your own beauty invention will be properly packaged and marketed. In the meantime, what's wrong with saving a buck?

THE

OAK LEAF



Naval Regional Medical Center Oakland, California

Vol. 42 No. 11

Friday, May 23, 1980

Reminder:

California Primary

June 3rd



MCPON lauds center, raps pay, urges vote

Master Chief Petty Officer of the Navy (MCPON) Tom Crow visited Naval Regional Medical Center Oakland on May 8 and told those attending a Porthole luncheon in his honor: "I'm very impressed with the hospital here. I've visited hospitals at just about everywhere I've been... the attitudes, the morale and the professionalism that you have in these Navy hospitals is a thing to behold. It's gratifying."

The top enlisted man of the service continued, "My wife and I have raised three children, so we've spent an amount of time in Navy hospitals, and we're very happy with the kind of care we received. We know it could be better if we had more people to do it with, and it would make a better place for you to work... but keep on doing what you're doing, (because) you're doing a great job! It's gratifying for me to see it and I'll certainly see that the CNO (Chief of Naval Operations Admiral Thomas B. Hayward) hears that from me when I get back to D. C."

The senior enlisted advisor to the CNO was accompanied to Oak Knoll by his wife Carol who met over coffee with some of the center's Navy enlisted wives to discuss matters of mutual interest.

Earlier in the day, the MCPON toured the main hospital clinics, wards, offices, and other base activities, stopping along the way to talk to enlisted staff at work and to patients, to learn first-hand the problem and concerns they face on pay and other matters.

MCPON Crow was on a far-reaching trip to various Navy commands to gather information and attitudes from sailors. He will report his findings to the CNO upon his return to Washington later this month.



In his address at the luncheon, he told attendees that pay is a very significant thing today, because it's one of the things that's really hurting the Navy in terms of retention—keeping skilled and trained people on board for more than just the first term. He said it is now a Navy-wide problem, "wherever you

go, inflation has caught up with us and passed us by."

He offered two possible hopes for relief in the near future—the Nunn-Warner bill, which calls for a variable housing allowance based on the cost of living in a particular area, a 10 percent increase in commuted rations, a complete change in permanent change of station transfer procedures to allow adequate travel reimbursement, and a Zone C eligibility opening for selective reenlistment bonus.

The second matter under consideration is the annual cost of living increase due Oct. 1. The Department of Defense and the Joint Chiefs of Staff have proposed that the next increase be at least 11.7 percent for the military.

The top enlisted man said benefits have greatly deteriorated for servicemen. "If anybody tries to convince you that you haven't had an erosion of benefits, well, you can tell them that they're full of bologna, because we have—we've had a continuous erosion of benefits since 1972!" he declared.

MCPON Crow praised the CNO for taking up the enlisted man's pay issue, stating, "I feel very fortunate to have the opportunity to serve him in this job. I don't think I, as the senior enlisted advisor, could have hand-picked a better individual to work for than Admiral Hayward."

Bringing up another point, he said that of the approximately 500,000 enlisted, 63,000 officers and 87,000 reservists on active duty in the Navy today, less than one-third of that total

number ever vote. "Even more serious than that—and I can vouch for this," he said, "because I've done it—I've asked the question (to similar assemblies) 'How many of you people know who your senators are?' and out of 100 people, I'll get a raise of hands of about 10."



He reported that 10 years ago, about 70 percent of the members of Congress had seen military service, but today that group has dwindled to approximately 30 percent. "So the other 70 percent have no idea what it's like to be in the military, serve arduous sea duty or any type of duty. Yet these people are responsible for voting pay and legislation and military appropriations that affect our quality of life."

Local program to salute Asian/ Pacific cultural heritage

Asian/Pacific Cultural Heritage Day will be observed at Naval Regional Medical Center Oakland on June 12, with ceremonies scheduled to begin in the Clinical Assembly at 2 p.m.

Keynote address will be given by Mr. Tim Dayton of California Governor Jerry Brown's office, who will speak on Asian/Pacific Americans in the 1980's.

Others participating will be Captain Norman K. Takaki, who will introduce the program; Mrs. Shiyen Takahashi, musical ensemble on koto, and readings by Ms. Genevieve Lim and Mr. Norman Jays. Hospital Corpsman Second Class Monty Martinez will serve as master-of-ceremonies.

In his recent proclamation, President Jimmy Carter pointed out that "Asian-Americans have played a significant role in the creation of a dynamic and pluralistic America with their enormous contributions to our science, arts, industry, government and commerce."

Such contributions in times of war have been made with heroism and bravery.

During the fierce fighting for Italian ridges in April of 1945, a nisei (Japanese-American) infantryman inched up on a German machine gun emplacement. As he was about to throw a grenade, a German tossed one which nearly tore his arm off. Shaking

off the assistance of his men, he took up a tommy gun and stumbled on, finally wiping out the enemy machine gun nest. This nisei, who subsequently lost his arm, later became United States Senator Daniel K. Inouye.

It was an American ship under command of Commodore Matthew Perry whose visit in 1854 opened Japan to Western influence. A few years later in 1869, the first Japanese immigrants arrived in the United States. The Sacramento, Calif., *Union* wrote of the new arrivals, "It is in the interest of California to welcome and encourage these immigrants."

Chinese immigration to the United States began during the 1850s and 1860s. They often worked in the mining camps of California. Later, Chinese laborers assisted in constructing the railroads and canals that criss-crossed the United States.

Down through the years Asian-Americans from China, Japan, Korea and the Philippines have made contributions of significance to our nation. There was, for example, Dr. Choh Hao Li, a biochemist, who in 1962 won the Albert Lasker Award as the world's leading authority on the pituitary gland. Senator Hiram L. Fong was the first American of Asian ancestry to be elected to the U. S. Senate. In 1964, Patsy Takemoto Mink became the first

nisei woman to be elected to the U. S. House of Representatives.

In recent years the plight of refugees in Southeast Asia has resulted in tens of thousands of them finding sanctuary in this country. Undoubtedly, in years to come, they too will more than repay the nation's hospitality.

As President Carter said of Asian-Americans, "Their successful integration into American society and their positive and active participation in our national life demonstrates the soundness of America's policy of continued openness to peoples from Asia and the Pacific."

A holiday to remember

This year Memorial Day falls on May 26, and Monday will be an official Federal holiday.

Memorial Day is a somber occasion for most Americans. It is a time to awaken memories of friends, relatives and thousands of young men who have died in the service of the nation.

The first national Memorial Day observance in the United States was held approximately 112 years ago when the Grand Army of the Republic decided in 1868 to decorate the graves in Arlington National Cemetery, located just across the Potomac River from Washington, D. C. The end of May was selected as an appropriate time because flowers were more available at that time of year.

By the close of the 19th century, Memorial Day ceremonies were held at the end of May throughout the Nation.

For many, Memorial Day is also an occasion for the first vacation trip of the year. Remember, it is also the day for high traffic mortality figures.



Editorial ---

Canadian diplomat discusses international terrorism

In a recent annual meeting observing "World Red Cross Day" by the Oakland-South Alameda County Red Cross Chapter, keynote speaker and Canadian Consul General Harry J. Horne discussed international terrorism and kidnaping of diplomats.

Quoting Kenneth Taylor, recent Canadian Ambassador to Iran who spirited six American hostages out of Tehran, Horne noted the widespread breakdown in respect for the law and for diplomatic tradition which has facilitated international relations since the 15th century. "During the past decade," he said, "there have been 254 significant terrorist attacks against U. S. diplomatic missions."

"For all of us who value human life and dignity," Horne observed, "there is a

lingering sense of pride and optimism in the fact that any man could succeed Taylor did against the militancy and terrorism which, at times, seems to be replacing diplomatic tradition and international law. That a subsequent rescue attempt by your own government was less successful in no way diminishes the value either the intent or the courage with which the mission was undertaken. Both events exemplify the credo of this organization and the guiding motivation of founder (Henry Dunant). 'Above all nations' we continue to place humanity."

The Canadian diplomat forecast grave times ahead for the Red Cross and observed that "we are, in short, faced with greater risks and with unprecedented numbers of prisoners-of-war, hostages and refugees whose needs the Red Cross must try to respond to."

Continuing in this vein, Horne observed that "with the economic difficulties the Western countries are facing as the '80s begin, I believe private organizations such as the Red Cross will have more difficult times. . . There is and there will be increased belt-tightening all around."

Horne quoted James Wilson, president of the Canadian Red Cross, as saying that "changes are forcing voluntary organizations to reexamine their roles and procedures. . . Governments are looking to voluntary agencies to fill in services, meet new needs at home and abroad and even to develop alternative institutionalized services in areas such as health care."

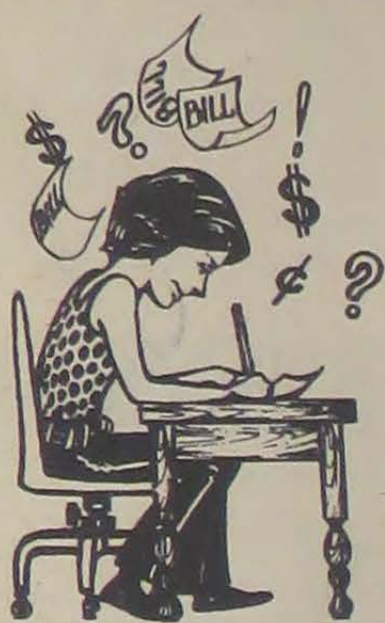
CNO speaks on rescue attempt

Chief of Naval Operations Admiral Thomas B. Hayward spoke out strongly in his May 1 speech to the Society of Naval Engineers on the superb professionalism and personnel involved in the ill-fated attempt to rescue the American hostages in Iran. He outlined in detail the high readiness of men and helicopters for the mission, characterizing the participants as "... Americans at their best."

"There has never been finer inter-service cooperation," he said.

Admiral Hayward scored critics of the rescue attempt by saying "... The American sailor, soldier, airman and marine is as competent and skilled, as loyal and dedicated, and as determined and unselfish as any Americans who have ever served. Denigration of those who have done their level best is a disservice to them and a disservice to the image and prestige of America."

He urged that Americans keep their perspective on our national achievements, citing our assistance to Southeast Asian boat people, Cuban refugees, and Iranians seeking asylum. "We are still the greatest, the strongest, and kindest nation in the world. . . Let's not forget how we came to be this way. . . The men and women in uniform who did their best to make this rescue mission a success will not forget. They are proud to be Americans."



Navy Relief stands by you

In 1904, the Navy's \$9,000 share of the proceeds from the year's Army-Navy game was used to establish Navy Relief. It's a long way from those days to today's far-flung Navy Relief Society with its 4,000 volunteers and 200 staff members at auxiliaries and branches. . . in the Far East. . . in Europe. . . and in the United States.

Even in those areas with no Navy Relief activity nearby, the American Red Cross serves as the contact point. . . and your Commanding Officer ashore or afloat can get Navy Relief Society support for you. So you're never far from help.

Today's simple idea behind Navy Relief is the same as when it began over 75 years ago. . . "the Navy and Marine Corps take care of their own."

There's Navy Relief help in money emergencies—when an allotment check is stolen or lost, your car breaks down, there is an unexpected illness or death in the family, a fire destroys your home, a hurricane hits—you know you have a friend in Navy Relief with volunteers and staff members who speak your language, understand your problems and want to help you solve them.

The help comes in many different ways. . . in counseling. . . in budgeting. . . and direct financial assistance which may be gratuitous or in an interest-free loan which can be paid back at a convenient pace.

Once a year, the "hat" is passed around the Navy-Marine Corps family to collect donations to the fund that keeps this service going. At Naval Regional Medical Center Oakland, that "hat" is making the rounds right now. Please do your part, and remember 100% of your contribution will go to help a shipmate in need.

Patient is appreciative of CCU, PT

The command is in receipt of another note of thanks, reading:

"I want to thank you and your staff for taking care of me. . . 10 April to 23 April. Your CCU (staff), Lieutenant (junior grade) Tom Howe, was great, and Lieutenant (junior grade) William Lukasik outstanding, not to mention all the enlisted personnel.

"Dr. O'Shaughnessy (Lieutenant Gary D.) was outstanding. I want to thank your PT Group—Lieutenant (Randy) Howe, Lieutenant (Harvey) Simpkins and enlisted Hospital Corpsman First Class (Joyce) Burris. P. S. Great Food!"

C. A. Wolff, AXC, USN-Ret.

A couple of 'doozies'

In Oak Leaf's last edition, there were two errors that need correcting.

First, in our lead story on paramedic training, it was printed that "NRMCO and its branch clinics provide medical services to an area encompassing at least eight countries. Each country has its own standards concerning paramedic training." Now, obviously that was a printing error, and the words should have been *counties* and *county*.

The second error occurred in the outline under the photo in Page 2. The gentleman helping with the base cleanup was *not* an unidentified patient. It was actually *Equipment Operator First Class George "Dave" Conner*, a counselor on the Alcohol Rehabilitation Service staff.

Apologies are offered.

THAT'S A FACT

NEW GAME!

VOLLEY BALL WAS INVENTED IN HOLYOKE, MASS. IN 1895. IT WAS PLAYED WITH A BLADDER OF A BASKETBALL AND WAS CALLED... **MINTONETTE!**

BY THE WEEK...

INSTEAD OF "BY THE WEEK"! WHEN YOU GET YOUR PAY CHECK, THERE'S A STRONG TEMPTATION TO SPEND IT ALL—SO, DON'T BE WEAK. BE STRONG AND SECURE YOUR FUTURE BY ENROLLING IN THE **PAYROLL SAVINGS PLAN** WHERE YOU WORK. THE MONEY WILL BE USED TO BUY **U.S. SAVINGS BONDS** AND THEN YOU'LL HAVE A FUND IN YOUR FUTURE!



NATURALLY!

THE FIRST HOME RUN HIT IN AN ALL-STAR GAME WAS HIT BY **BABE RUTH** ON JULY 6, 1933. THE AMERICAN LEAGUE DEFEATED THE NATIONAL LEAGUE 4 TO 2.



NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



COMMUNICATING—When Master Chief Petty Officer of the Navy Tom Crow and his wife Carol made their recent visit to Naval Regional Medical Center, Oakland, they toured the hospital not just to see the facilities, but to talk to enlisted staff members at their job sites, visit patients and meet with enlisted Navy wives. MCPON Crow listened to pay and other problems confronting personnel Navywide and told them that possible relief is coming (see story, Page 1). This was the top enlisted advisor's first visit to Oak Knoll since his appointment to the staff of the Chief of Naval Operations, Admiral Thomas B. Hayward.



SecDef heads bond group

Secretary of Defense Harold Brown has been appointed Chairman of the Interagency Savings Bond Committee at a time when the entire Savings Bond program is undergoing change.

In 1980, the Savings Bond program will assume an additional purpose with the introduction of the new Series EE Energy Savings Bonds. They have been designated U.S. Energy Savings Bonds, Series EE.

While they will help to finance the large Federal energy expenditure required in the coming years, the U.S. Energy Savings Bonds will also help to focus the country's attention on the national goals of reducing energy consumption and increasing domestic supplies.

In appointing Secretary of Defense Brown to the chairmanship of the Interagency Savings Bond Committee, President Jimmy Carter said that the committee's members "have a special duty to ensure that all departments and agencies complete the transition to U.S. Energy Savings Bonds, Series EE, smoothly and effectively, maintaining a high record of employee participation

in the Savings Bonds program."

Energy Savings Bonds

The new Series EE Energy Savings Bond yield 6.5 percent when they are held five years or more.

In addition, the interest is exempt from state and local income and personal property tax.

As has been the policy since Savings Bonds were introduced back in the 1940s, the new Series EE Energy Savings Bonds will be replaced free by the U.S. Government if they are lost, stolen or destroyed.

EE Bonds may be exchanged for current-income HH Bonds with a continuation of the tax deferral on accrued interest.

The new Bonds will be issued in denominations (face value) of \$50, \$75, \$100, \$200, \$500, \$1,000, \$5,000, and \$10,000.

They will be available over the counter or by mail at banks, savings and loans associations, and other financial institutions, the Federal Reserve banks and branches, and the Bureau of the Public Debt, Washington, D.C. 20226.

Captain selection boards delayed

In anticipation of early enactment of National Emergencies Act (NEA) relief legislation, this year's captain line and staff selection boards are being delayed until July 14, and Aug. 4 respectively.

Enactment of such relief would permit the selection boards to consider a number of below-zone officers comparable to previous years. Normally over 1,000 unrestricted line officers are considered in the below-zone field

for captain.

Without Congressional action this year's below-zone field will be limited to approximately 70. A similar proportional reduction would be experienced for restricted line and staff corps officers.

Congressional passage of NEA is not assured, and if not forthcoming by the board convening date, only the reduced below-zone field will be considered, as well as those in zone.

Five for five for recruiting

For the fifth month in a row, there is good news from the Navy Recruiting Command. April marks the fifth consecutive month the Navy has exceeded its One-Navy recruiting goal for regular and reserve (active and inactive) enlisted programs. During April, 6,938 people enlisted against a goal of 6,786 enlistments, attaining 102.2 percent of goal.

Historically, March, April and May are the most difficult months for recruiting.

Of the active duty, non-prior service personnel enlisted, 87.2 percent are eligible to attend Navy Class "A" schools and 77.4 percent are high school graduates. Prior service enlistments led all programs by achieving 117 percent of goal.

Through the end of April the Navy has enlisted 52,886 people against a goal of 52,302 for an achievement of 101.2 percent of goal to date in Fiscal 1980. The Fiscal 1980 One-Navy enlistment goal is 101,895.



LUCKY BABY—Little Ray Camacho, held here in the arms of his mother Maria, was a little late and missed being born on Mother's Day by 1 hour and 26 minutes, but he still was the nearest birth to the holiday at Oak Knoll and so won a complete layette donated by the Ladies Auxiliary, Unit No. 10, Fleet Reserve Association. Presenting the gifts were Mrs. Terri Szumiel (left) and Mrs. Nancy Corey. The 7 lb. 8 oz. baby is the second son of Boatswain's Mate Third Class and Mrs. Ramon T. Camacho. The father is assigned to the Port Services Office at Treasure Island.

For your info---

First BARNNA reunion renews old friendships

They came from both northern and southern California, from Texas, Arizona, Florida, New Jersey, Arkansas, Pennsylvania, Nevada, Washington, Louisiana, Virginia, Colorado, Missouri—even Hawaii. They were retired Navy nurses, more than 150 of them, and they were here to attend the first reunion of the Bay Area Retired Navy Nurses Association on May 8-9.

Activities were centered at Naval Regional Medical Center Oakland, with a luncheon in the Officers' Club, followed by a tour of the hospital, six-hour bus tours of points of interest around the Bay Area, and a banquet at Alameda Naval Air Station. Retired Navy Nurse Corps Lieutenant Commander Violet Lawlor of Oakland was in charge of arrangements.

Our photographers managed to catch a few of the attendees on film while they were lunching, touring the hospital, and chatting with NRMCO staff nurses. A few sample photos are published to attest that "a good time was had by all."



FORMER POW—One of the many former Navy nurses with colorful careers who attended the recent reunion at Oak Knoll was retired Lieutenant Commander Margaret Nash of Oakland. While assigned to Caloocan, near Manila, P. I., in World War II, the Japanese bombed the Navy hospital and the staff transferred patients via PT boats, split them into groups, sent some patients to Sternberg in Manila and housed the rest in tents set up on Seventh Day Adventist-owned grounds. Commander Nash next moved to Santa Escolastica with her patients in late 1941. The enemy entered the city and took her and 10 other U.S. Navy nurses captive. After some interim moves, the Navy nurses were sent to Santo Tomas civilian internment camp, where they set up a hospital to attend to the health needs of some 7,000 prisoners. She and the other service nurses were finally rescued by General Douglas MacArthur's troops on Feb. 23, 1945. Commander Nash then down to a weight of 70 lbs., came to Oak Knoll as a patient and was later sent to St. Albans, N. Y., where she was medically retired from the Navy in April 1946. Although her health was fragile from so many years as a prisoner of war, she eventually recovered to take up a new 25-year career as supervisor of student health services at University of California, Berkeley, a position from which she retired in 1973.



Navy to test first demo project of civilian pay, performance

The Director of the Office of Personnel Management has granted approval to the Department of the Navy to conduct the first demonstration project authorized by the Civil Service Reform Act of 1978.

The approved project is designed to demonstrate that the effectiveness of Federal laboratories can be enhanced by developing an integrated approach to pay, performance appraisal, and position classification which would allow greater managerial control over personnel functions. At the same time, it would expand opportunities available to employees through a more responsive and flexible personnel system.

Navy will experiment with changes in the personnel system at the Naval Ocean Systems Center (NOSC), San Diego, and the Naval Weapons Center (NWC), China Lake, Calif. Changes include:

- Four broad classification levels for technical professional with flexibility to adjust pay within each level. Current GS 5-8 would be in Level I, GS 9-11 in Level II, GS 12-13 in Level III, and GS 14-15 in Level IV.

- Individual pay adjusted annually by placement into one of five incentive pay groups based on performance.

- Merit pay for nonsupervisory, as well as supervisory personnel.

—Consideration of demonstrated performance in ranking people in the reduction-in-force process.

The OPM approved project plan goes to Congress for a further 90-day review, with Navy beginning implementation about mid-July.

Job at Alameda

The region is seeking a Health Technician, GS-5, for its Alameda Branch Clinic.

The person selected will provide emergency medical care to patients injured on-the-job, including administering proper procedures to safeguard life and health.

Three years of experience is required—two years of general familiarity with medical or dental care; a basic knowledge of procedures and equipment of biological, chemical or medical laboratories; or some knowledge of mechanical, electrical, or electronic equipment. The remaining year's experience must be at a technician level.

Those interested should apply to Civilian Personnel Service at Oak Knoll. Deadline for filing of applications is May 27.

People make news ---

Former HMC Wong Commissioned to LT (jg)

Former Chief Hospital Corpsman Wellman C. Wong, an instructor in the Preventive Medicine Technician School, became a Lieutenant (junior grade) in the Medical Service Corps on May 8 and has now departed this command for new duty as a fiscal and supply officer at Naval Regional Dental Center, Long Beach, Calif.

Present for the commissioning ceremony was Master Chief Petty Officer of the Navy (MCPON) Thomas Crow, who happened to be visiting Naval Regional Medical Center Oakland on the same day.

Of his commissioning, the new officer said, "Dreams and goals are achievable if one remains flexible and takes them one step at a time. There are no 'short cuts' in life."

Lieutenant Wong, who has been teaching food sanitation and oral communications here, recently earned a master of science degree in business administration from the University of Northern Colorado. Previous degrees, an associate of art in health and a bachelor in health care administration, had been received from duty classes while assigned to Naval Regional Medical Center, Subic Bay, P. I. The San Francisco native attended City College in San Francisco before entering the Navy 11 years ago.

In addition to Oak Knoll (where he had last been assigned two years) and Subic Bay, the new lieutenant has served in Taipei, Taiwan; Asmara, Ethiopia; Parris Island, S.C. USS EPPERSON (DD 719). Twice before, he had been stationed at Oakland, once on the hospital staff, and once as a student in the same school he returned to teach.

Lieutenant Wong is married and the son of Kwang Yet and Pao Ying Wong,

who still make their home in San Francisco. Another of their sons spent eight years in the Navy and is now a Civil Engineer Corps ensign in the reserves.



GOAL ACHIEVED—Newly commissioned Lieutenant (junior grade) Wellman C. Wong takes the oath from Commander Frank D. Fisher, Director of Administrative Services. Lieutenant Wong is a former Chief Hospital Corpsman who was an instructor in the Preventive Medicine Technician School here.

SOM Kirst finds critical care 'rewarding'

Oak Knoll's Sailor of the Month (for March), Hospital Corpsman Third Class Joseph Kirst, senior corpsman of the Medical Intensive Care Unit, says he is greatly honored to be selected.

"Working in the unit for the past 16 months has been a most rewarding experience," he said, explaining that the opportunity to learn about medicine is always present there. "That, along with the great people with whom I work, makes it a pleasure. I would like to see more corpsmen

expressing a desire to work in this critical care area—it is very rewarding!"

The son of Mr. and Mrs. John Kirst of Nekoosa, Wisc., has been in the Navy for three years and has been assigned to Naval Regional Medical Center Oakland since March 1978. Other billets have been in a training status at Great Lakes, Ill.

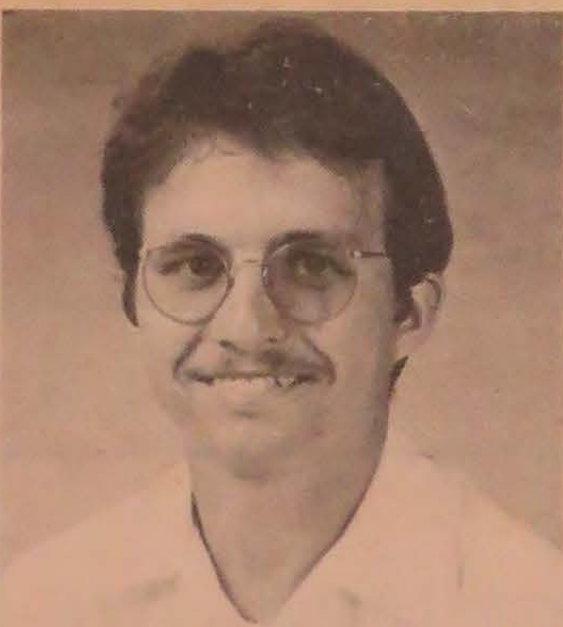
Petty Officer Kirst has completed Hospital Corps School, is Emergency Medical Technician I certified, and has taken courses in intensive care and

advanced cardiac life support.

The young man would like to attend nursing school at the University of Wisconsin and has the ultimate career goal of being a nurse practitioner.

His hobbies are running, swimming, hiking in the Sierras, playing intramural softball and plucking on his banjo.

He lives in bachelor enlisted quarters on base.



HM3 Joseph Kirst

Mexico's top honor for Navy Secretary

Secretary of the Navy Edward Hidalgo received Mexico's highest award for non-Mexican citizens, the Order of the Aztec Eagle, during a presentation ceremony at the Mexican Embassy in Washington, D.C. The award was presented by Mexico's ambassador to the United States, Jorge Margain.

The award, created in 1933, is presented to non-Mexican citizens who

have performed extraordinary service to Mexico or to mankind.

Secretary Hidalgo was born in Mexico City in 1912 and became a naturalized American citizen in 1936. Following service in the U.S. Navy during World War II, he headed up the Mexico City office of a U.S. law firm. From 1948 to 1965 he was a founding partner in another Mexico City law firm.

Boyd Conyers retires with 34+

Boyd Conyers, former Foreman Cook in Food Service, has retired after nearly 35 years' federal service, about half of them at Oak Knoll.

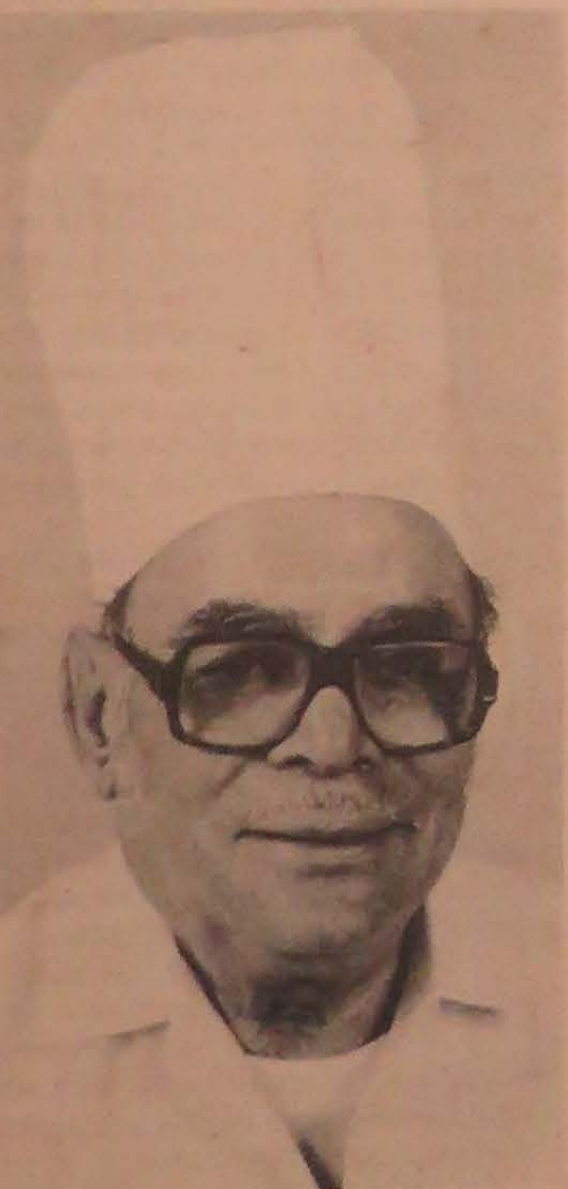
Upon his retirement, he received a letter of appreciation from the command stating, "You have maintained a record of which you may well be proud. Your loyalty and devotion to duty have made you a valued member of the medical center staff and serves as an example for others to follow."

Mr. Conyers, whose prior service has been with the Army, said he has enjoyed the people and the work here at this hospital.

The Georgia native is father of a daughter and grandfather of one.

He plans to putter around his Oakland home and garden, devote more time to his wife, Ruth, play golf, bowling, pool and tournament bridge.

And yes—he will do some of the cooking at home.



Boyd Conyers

One promoted; 13 advanced

One Nurse Corps officer and 13 corpsmen have received promotions during this period.

Congratulations go to **Scott McCormick**, promoted to lieutenant, and to the following enlisted personnel who have been advanced to rate indicated;

To Hospital Corpsman First Class, **Joseph D. Braden**, Medical Repair Service; **Joyce A. Burris**, Physical Therapy; **Wayne J. Hitzeman**, Preventive Medicine School, and **Olegario R. Majam, Jr.**, Laboratory Service.

To Hospital Corpsman Second Class, **Joseph M. Hopkins**, Preventive Medicine School; **Candace J. Mullett**, Clinical Investigation Center; **Thomas Nagy**, Surgery Service; **Sharon C. O'Leary**, Preventive Medicine School; **Donald S. Pierron**, Laboratory Service; **Kim John Russell**, Eye Clinic, and **Charyl Scott**, **Tanya Hernandez** and **Joseph Bandao**, all of the Treasure Island Branch Clinic.

New COs announced

The following Navy Medical Corps officers will be assuming command of these health care facilities during Summer, 1980:

Captain Howard E. Shute, Naval Hospital, Beaufort, S.C.

Captain Ronald A. Proulx, Naval Regional Medical Center (NRMC) Bremerton, Wash.

Captain Louis U. Pulicicchio, NRMC Camp Pendleton, Calif.

Captain Joseph S. Cassells, NRMC Charleston, S.C.

Captain Ralph R. Palumbo, NRMC Corpus Christi, Tex.

Captain Charner W. Bramlett, NRMC Guam, M. I.

Captain James J. Quinn, NRMC Jacksonville, Fla.

Captain Michael C. Carver, NRMC Memphis, Tenn.

Captain James K. Summitt, Naval Submarine Medical Center, Groton, Conn.

Captain Miguel Nieves, Jr., NRMC Rota, Spain.

Captain Paul D. Cooper, NRMC Subic Bay, R.P.

Captain John E. Carr, NRMC Yokosuka, Japan.

-----Comings and Goings-----

"Fair winds and following seas" to the following personnel who have recently detached from Naval Regional Medical Center Oakland:

Lieutenant Christine Glass, Nurse Corps, released from active duty.

Hospital Corpsman Third Class Kimberly Cortez, Primary Care Clinic.

Lieutenant Commander L. Gale Probst, Nurse Corps, to University of Washington.

"Welcome aboard" to:

Ensign Stephen Giebner, Clinical Clerk.

Commander Dolores Anderson, Nurse Corps.

Nurse in spotlight:

Devotes her life to young people

Teenage problems are her specialty on the job as charge nurse for Oak Knoll's Adolescent Clinic, where 150 to 200 young patients are seen each week. Yet, even on off-duty time, she chooses to work with young people in groups such as the boys of DeMolay and the girls who join Job's Daughters.



Charlotte Simonson

Our "Nurse in the Spotlight" this issue is Mrs. Charlotte F. Simonson, who says "I love my job at Naval Regional Medical Center Oakland. I feel some people do not realize the good medical care they receive here."

Speaking specifically of the Adolescent Clinic where she has been employed over the past four years, she continued, "The clinic exists for these young people, and as a rule they are polite and mature while being seen." Mrs. Simonson attributes part of the positive response of the teenagers to the independence they have at the clinic. She said they are treated as individuals and not children or babies,

and parents are in the background.

She explained that the clinic's staff routinely includes emotional/psychological counseling, to which teenage patients willingly respond. The nurse described adolescence as a critical period in one's life. "They have many new and stressful crises in their everyday activities which need attention. I love trying to help these young people," she said.

Although sex-related problems are common to these young adults, the nurse believes that there has been a recent significant reduction in drug-related cases. She said there are still the occasional pot smokers, but hard drug use has declined.

Mrs. Simonson, a native of Brandenburg, Ky., is a former Air Force nurse who was a member of the air evacuation medical team based at Travis Air Force Base. She flew all over the continental United States and Alaska with patients during the years 1956-58, "loved" Air Force nursing, and left it only to start a family. "Once you have practiced nursing in the military, I feel it gets into your blood," she mused.

Mrs. Simonson received her R.N. from Saints Mary and Elizabeth Nazareth School of Nursing in Louisville, Ky., in 1952.

She and her husband Sidney, a retired educator who owns an appliance store, make their home in San Leandro. Their daughter Cindy, 20, is a student of fashion in Los Angeles.

Mrs. Simonson's hobbies include swimming, traveling, cooking and gardening—in addition to the time she volunteers to youth groups.

The Nurse Corps officer who submitted the background information for this article said, "Talking with Mrs. Simonson, one can easily understand why she is so popular in her clinic and why she was recommended. Next time I'm ill, I'll wish I were an adolescent!"

What nurse could want a better endorsement?



HELP FROM THE TOP—When Chief Hospital Corpsman Dennis Williams (center) of Preventive Medicine Technician School was frocked to the rank of senior chief earlier this month, he had distinguished help in changing insignia. At left is Command Master Chief Charles Dackerman; at right, Master Chief Petty Officer of the Navy Tom Crow.

Kudos.

TI CLINIC SAILOR OF QUARTER

Hospital Corpsman Third Class Jesse Laster, Branch Clinic, Treasure Island.

LETTERS OF COMMENDATION

Lieutenant Commander L. Gayle Probst, Nurse Corps, recently detached to University of Washington.

Hospital Corpsman Second Class Cheryl Scott, Treasure Island Branch Clinic, from Commanding Officer, Naval Regional Medical Center Guam.

Hospitalman Steven Hall, Emergency Room.

Hospital Corpsman First Class Daniel Lewis, Overseas Mortuary Support Office.

LETTERS OF APPRECIATION

Lieutenant Christine Glass, Nurse Corps, now detached.

Hospital Corpsman Third Class Kimberly Cortez, formerly of Primary Care Clinic, now detached.

Hospital Corpsman First Class Rodney Jaynes, Preventive Medicine Technician School.

Dental Technician Prosthetics Second Class Steven Anderson, Dental Service.

Hospital Corpsman Third Class Jesse Laster, Treasure Island Branch Clinic, from Commanding Officer, Naval Investigative Services.

GOOD CONDUCT AWARDS

Hospital Corpsman First Class B. Nicolay, Alameda Branch Clinic (second award).

Hospital Corpsman Third Class G. Fletcher, Surgery Service.

Hospital Corpsman Second Class James D. Maddox, Alameda Branch Clinic.

Hospital Corpsman Third Class Charles R. Stringer, Nursing Service.

Hospital Corpsman Second Class Lawrence M. Marchionda, Surgery Department.

Hospital Corpsman Second Class Scott MacDonald, Treasure Island Branch Clinic.

Hospital Corpsman Second Class Tanya Hernandez, Treasure Island Branch Clinic.

Hospital Corpsman Second Class Joseph Bandao, Treasure Island Branch Clinic.

Speaking of health care

Giardiasis:

A concern for campers, backpackers

By Ensign Ann Marie Bien, MSC, USNR
Infection Control Officer, Preventive Medicine Service

Gastrointestinal infection with the protozoan *Giardia lamblia* is an important cause of chronic crampy diarrhea, particularly in campers and backpackers. It has been the most commonly identified pathogen in waterborne outbreaks in the past five years, with most of these outbreaks occurring in mountainous areas. With the summer months approaching, many people will be heading for vacations in the mountains. In order to keep your trip healthy and happy, be aware that this disease occurs when drinking untreated or minimally treated stream or pond water. Such infections are often contracted in very remote, uninhabited areas where the water is free from gross human sewage contamination. However, people fail to realize that the water may be contaminated by wild animals. *Giardia lamblia* inhabits the small intestine of amphibians and birds, and aquatic mammals such as beaver and muskrat have been implicated in several outbreaks.

The disease is highly contagious. If one member of a family catches it, others will usually become infected. Often, people with giardiasis show no evidence of disease; however, it can also be intensely discomforting. A variety of gastrointestinal symptoms occur, including diarrhea, nausea, abdominal cramps, weight loss and fatigue. Such symptoms usually develop during travel or soon after returning. Treatment for giardiasis is highly effective, and disabling symptoms can be relieved promptly by appropriate chemotherapy. However, the best form of treatment is prevention. This disease can easily be prevented by taking a few precautionary steps when drinking surface water. Keep in mind that disinfection is the only treatment for surface water sources is ineffective in preventing waterborne transmission of this organism. The giardia cysts are not readily killed by the chlorine levels commonly used in water treatment. Therefore, where the risk of waterborne infection exists, the following precautions should be taken: water used for drinking and ice should be boiled for 10 minutes or chemically purified with iodine compounds, which appear to be superior to the usually recommended amounts of chlorine.

Bear in mind that the risk of waterborne infection exists in any untreated water source. Take the proper precautions, and have a healthy and happy vacation!

Exemption reps ready to help personnel with drug problems

There are now six qualified Naval Regional Medical Center Oakland staff members ready to meet with those needing help to explain the scope, limitations and provisions of the Navy Drug Abuse Exemption Program.

This program is designed to encourage illegal drug users who are willing to close their problems and seek treatment without fear of disciplinary action, and under the Uniform Code of Military Justice (UCMJ) or through administrative action leading to a discharge other than honorable. The counselors have authority to grant exemptions on behalf of the Commanding Officer, and to provide appropriate rehabilitative assistance.

Key aspects of the exemption program include:

- To qualify for a drug exemption, all disclosures must be made to a designated Drug Exemption Representative.
- A drug exemption extends only to the personal use or possession of illegal drugs. It cannot be granted if the transfer of drugs to other personnel is involved.
- A drug exemption affects only nonjudicial punishment, court-martial and separation with an undesirable discharge.
- A member seeking exemption must declare desire for help in eliminating personal illegal drug usage, and must stipulate willingness to cooperate in a rehabilitation program if one is needed.
- A drug exemption extends only as far as the disclosure of the member's problem.
- Disclosures made in seeking an exemption are not privileged in any sense for use within the Armed Forces. They may be used for any and all purposes other than punishment of the exemptee under the UCMJ or separation with an undesirable discharge.
- An exemption applies only to disclosures which are made prior to apprehension for the drug offense in question.
- Applicants for exemption are not required to identify other drug abusers as a condition to obtaining an exemption; however, this does not preclude the pursuit of investigation on the basis of information provided in the exemption disclosure.
- An exemption can be granted only once.

(Continued to page 7)

With the family ---



Rip-off artists still abound; may start with roof

Summer's here and the wandering ripoff repairmen are back bilking the unsuspecting.

Roofing repair is one of the most common areas of complaints.

No one really wants to get up on the roof to see if it needs repairs or not. The end result may be a ripoff.

One of the methods these wanderers use is to claim that they can improve the existing shingles with a "new miracle protective coating" which will last for years. Nine dollars may be quoted, or some unlikely sum.

A signature, and the men are on the roof spreading a black substance which looks good. The first ripoff comes when the homeowner finds out that the "nine dollar" figure quoted means "per gallon." How high the ripoff goes depends on the gullibility of the consumer and the menace of the roofers.

If the entire sum is not paid, they may just take whatever they can get and move on.

The black "miracle roofing" usually turns out to be paint, or even worse, thick, gooey oil.

Senior citizens fall prey to these ripoff artists as well as whoever happens to be home during the day when the bell is rung.

Check fast & first

Here are a few simple rules that will keep a homeowner from being ripped off. They come from Esther Peterson, Special Assistant to the President for Consumer Affairs.

- Check a contractor's reliability and performance with the Better Busi-

ness Bureau or a local consumer protection agency. If the roofer is not listed, forget about the miracle roofing.

- Since general contractors—as well as plumbers, electricians, and other repair persons—are usually licensed by State or County licensing boards, ask to see their license.

- If the repair really needs to be done, get written estimate from two or three reliable contractors to determine the costs.

- Review all contracts carefully; SIGN NOTHING until every clause is understood.

- Beware of people who want full payment in advance. If the contractor fails to do the work or does it improperly, the recourse of withholding payment will be lost.

- Beware of high pressure sales techniques from door-to-door salespersons.

Cooling off

The Federal Trade Commission has a regulation that requires a three-day "cooling off" period for door-to-door sales.

This rule requires that the salesperson (1) informs consumers of their right to cancel the contract, (2) gives consumers two copies of the cancellation form, and (3) give consumers a dated receipt or contract that shows the name and address of the seller.

To learn more about how to avoid consumer problems, write for a free copy of the Consumer's Resource Handbook, Department 635H, Pueblo, Colo. 81009.

Spring cleaning—or getting ready to move?

The Naval Regional Medical Center Officers' Auxiliary is sponsoring a toy drive for the benefit of the base Day Care Center. Any toys or books in good condition that are no longer used, would be appreciated.

Drop-off point will be at the home of Barb Johanboeke, Quarters L at Oak Knoll.

Toys will be catalogued and marked for identification purposes before distribution to the Day Care Center.

'Energy Guides' aid comparison shopping

By mid-year, shoppers will start seeing yellow and black "Energy Guide" labels on seven types of household appliances that use the most energy around the house.

The labels are designed to help shoppers compare the energy-efficiency and estimated operating costs of different models and brands of refrigerators, freezers, dishwashers, clothes washers, water heaters, room air conditioners, and clothes dryers.

These seven appliances use about 90 percent of the energy consumed

in American homes each year.

Energy-efficiency and the estimated-yearly-cost information will also be included on the manufacturer-prepared fact sheets on home furnaces.

More efficient appliances may cost a little more initially, but their annual energy cost will be lower. Since many major household appliances have life expectancies of 10 years or more, a consumer can realize considerable energy savings over the life of an energy-efficient model.

The following additions to the Naval Regional Medical Center "family" have arrived at Oak Knoll:

A baby girl to Lieutenant Commander Roy L. Bebee, formerly of Chaplain Service, and his wife Barbara, May 1. (Chaplain Bebee is now serving aboard the USS CORAL SEA.)

A baby girl to Lieutenant David C. Barton, Orthopedics staff, and his wife Michele, May 7.

Little acorns



NEW OFFICERS—New officers have been elected by the Naval Regional Medical Center Officers' Auxiliary for the 1980-81 term. Pictured are (left to right): Beverly Roemer, treasurer; Carol Ann O'Reilly, vice-president; Nancy Harris, president, and Jane Meshier, corresponding secretary. Not present at the time the photo was taken was Bonnie Panas, elected recording secretary.

CHAMPUS

Doctor participation may cost you less

CHAMPUS beneficiaries should know that a doctor's participation in CHAMPUS is **entirely voluntary**. A simple question to your doctor, "Do you participate in CHAMPUS?" before treatment begins might prove to be worth several dollars per word when bill-paying time comes around.

"Participation in CHAMPUS" means that the doctor agrees in writing to accept as full payment for his services the payments of the patient's and the government's share of the allowable charge as determined by CHAMPUS. Your doctor does this by checking YES in Block 32 of the claim form, signing and submitting it.

It's important to remember that if you obtain medical service from a non-participating doctor or other health care provider, you will be responsible for any amount charged by the doctor which exceeds the amount allowed by CHAMPUS for that particular service. This amount would be in addition to your "share" of the allowable charge.

In some cases, physicians and other health care providers many sign and submit the claim but not check the YES block in the form. This classifies those providers as "non-participants."

Though not always possible, the more economical course for the beneficiary is to seek treatment from physicians and providers who agree to "participate."

Mr. Vernon McKenzie, Principal Deputy Assistant Secretary of Defense for Health Affairs, reminds that, "Beneficiaries are not required to pay more than the share set forth by law if they use participating providers of services."

For further information on this and other aspects of CHAMPUS, you can check with a Health Benefits Advisor at a service medical facility (including Oak Knoll), the CHAMPUS fiscal intermediary which pays claims in your area, or write to CHAMPUS, Aurora, Colo. 80045.



TOGETHERNESS—You and your family and friends are invited to join Dr. and Mrs. Benjamin Carey and their friends for the May 27 Blood Donor Drive on the fifth floor of the main hospital between 7:45 a.m. and 4 p.m. How? Just take a few minutes off from your regular work or household duties. Irwin Memorial Blood Bank professional staff will be there to make your experience a comfortable one. Why? Because we need you. The blood that is donated is put into an account solely for use by the Naval Regional Medical Center. All of us benefit when we give the gift of life, either by using it when treating patients or if the need arises when we need it ourselves.

Off duty ---

Table tennis

NRMCO team takes north district tourney

A Naval Regional Medical Center Oakland team, headed by Commander B. Rama Rao of Nuclear Medicine, captured the Eleventh Naval District (North) Table Tennis Tournament at Mare Island, May 10, with a six-point total score.

In addition to Dr. Rao, the Oak Knoll team was comprised of Lieutenant Commander Douglas Love, Assistant Chief of Food Management Service, Ensign Ronald Karliner of 9 North, and Hospital Corpsman Third Class Sean Haddix, Psychiatry Service.

The tourney was a double-elimination type in singles only and opposing teams were from several Bay Area commands, Lemoore and Fallon Naval Air Stations, etc.

Dr. Rao has been unbeaten in this sport over the last five years. He is the

former Armed Forces Far East champion, has defeated some members of the U. S. team that were sent to for competition in the early 1970s. He was nationally ranked in his native of India, where he learned to play pong, at an early age.



WORLD CHAMPION—Brett Wing, a 20-year-old Australian who's currently the world champion barefoot waterskier, has traveled over water at 115 miles per hour, jumped 60 feet through the air, and done every imaginable waterskiing trick. If you'd like to see him, he's now appearing at Marine World/Africa U. S. A. in Redwood City and Special Services has discount tickets available.

Oak Knoll

Hospital Corps

Birthday Ball

June 20, 1980

Tickets now on sale

Time to think of safe trolling

By SSgt. Antonio G. Salvo

Many fishermen are breaking out their tackle from winter storage in preparation for the summer. Just how many of the missions of fishermen will be properly prepared? Many will not have the proper safety equipment. The chief offenders are usually the fresh water fishermen.

Here are some helpful hints for a safe fishing season.

- Make sure your boat is properly equipped in accordance with U. S. Coast Guard specifications, i.e., proper number of flotation cushions and life jackets, proper running lights and signaling devices.

- Make sure your shoes are non-slip and that your clothes are proper for existing weather conditions. It is a good idea to have rainwear handy in case of a sudden downpour.

- Always keep a first aid kit handy. A hook or fish bite wound can become infected due to lack of proper and immediate attention.

- Have the proper tools handy for hook removals. A simple pair of needle nose pliers will do the job.

- Discard rusty hooks or you may find yourself looking for a tetanus shot.

- Always keep your tackle box closed and fastened when not in use. If left open it will often wind up scattering hooks everywhere if a good wave rocks your boat.

- Protect yourself against the sun's rays for a sunburn can ruin anyone's fishing trip.

- Make sure you familiarize yourself with the waters in which you plan to fish and be sure the boat you use is suitable for those waters. Also keep advised of weather predictions and be ready to go ashore if the wind gets too high. (AFPS)

★ ★ ★ MOVIES ★ ★ ★

(EDITOR'S NOTE: The Clinical Assembly, where movies are normally shown, will reopen for business as usual on Tuesday, May 27. It has been closed for renovations.)

Tuesday, May 27, 6 p.m.—THE JERK—Steve Martin, Bernadette Peters—Comedy/R

Wednesday, May 28, 6 p.m.—THE LAST MARRIED COUPLE IN AMERICA—George Segal, Natalie Wood—Comedy/R

Thursday, May 29, 6 p.m.—CRIME BUSTERS—Bud Spencer, Terence Hill—Action/Comedy/PG

Friday, May 30, 6 p.m.—ONCE IN PARIS—Wayne Rogers, Gayle Hunnicutt—Comedy/Drama/PG

Saturday, May 31, 2 p.m.—CAMELOT—Richard Harris, Vanessa Redgrave—Drama/Musical/G

Saturday, May 31, 4:30 p.m.—BEDKNOBS AND BROOMSTICKS—Angela Lansbury, Roddy McDowall—Fantasy/G

Sunday, June 1, 6 p.m.—CHARLESTON—Bud Spencer, Herbert Lorn—Comedy/PG

Monday, June 2, 6 p.m.—BORN AGAIN—Dean Jones, Anne Francis—Drama/PG

Tuesday, June 3, 6 p.m.—STAR TREK—William Shatner, Leonard Nimoy—Adventure/G

Wednesday, June 4, 6 p.m.—THE BLACK HOLE—Maximilian Schell, Anthony Perkins—Science Fiction/PG

Thursday, June 5, 6 p.m.—CARDIAC ARREST—Dave McElhatton, George Goodrow—Horror/PG

Orr tops in racquetball

Lieutenant (junior grade) Robin Orr of the Emergency Room took first place in the 1980 NRMCO Racquetball Tournament which was completed earlier this month.

Other top finishers were Lieutenant Commander Steve Brisbois of OB/GYN Service (second); Hospitalman Jorge Quintana, Operating Room (third); Lieutenant Commander Regis Turocy, Physical Therapy (fourth).

Drug problems

(Continued from Page 6)

For further information or assistance in obtaining an exemption, contact one of the following command-designated Drug Exemption Representatives: Lieutenant Commander Noel A. Hyde, Pharmacy Service; Lieutenant (junior grade) Steven Naylor, Nursing Service (Pediatrics); Chief Hospital Corpsman Theodore Young, Laboratory Service; Hospital Corpsman Second Class Monty C. Martin, Psychiatry Service; Hospital Corpsman Third Class Dale E. Johnson, Nursing Service (Labor and Delivery), or Hospitalman Joseph M. Lytle, Nursing Service (Intensive Care).



ALL THE INGREDIENTS—Military and civilian personnel of Dental Service were joined by families and friends in a recent picnic held at the Oak Knoll recreation area. In addition to being a periodic social get-together, the event celebrated promotions and advancements within the department. The get-together held all the necessary ingredients for success. There was con-



vivally (photo at left) with Nancy Clarke chatting with (counter-clockwise) Retired Chief Dental Technician Norman Briggs, Captain Jay L. Luba, Commander Ronald C. House and Commander Don E. Siegal. There was an active game of volleyball (center photo), and plenty of good eats, as seen with Dental Chief "Julie" Julianni (with glasses) and Dentalman "Didi" Naylor (photo at right).



THE



OAK LEAF

Naval Regional Medical Center Oakland, California

Vol. 42 No. 12

Friday, June 6, 1980



COMMUNICATION LINE—This lightweight portable radio unit can bring the expertise of an emergency room physician to the scene of an accident and at the same time transmit the patient's EKG back for evaluation. It's part of a sophisticated communications system soon to be ready for use at Naval Regional Medical Center Oakland. See photos on page 3.

Telemetry system here awaits arrival of trained paramedics for first service

A newly installed communications system at Naval Regional Medical Center Oakland (NRMCO) will soon allow physicians to cover medical emergencies and monitor critical patient transport without leaving the emergency room.

The system, under the maintenance and operational supervision of Operating Management Service, provides biomedical telemetry capabilities for use by emergency room physicians and paramedics. It operates on 10 UHF-MED channels assigned by the Federal Communications Commission and administered locally by the Communications Advisory Committee to the Association of Bay Area Governments.

Use of the MED channels is restricted by Federal law and implementation of the full communications service will be accomplished in several steps which will take some time. Coordination of the system with local civilian hospitals, for instance, awaits graduation of certified paramedics from the pilot training program which began here April 28.

The communications package—purchased from Motorola—affords simultaneous transmission of both voice and electrocardiogram (EKG) readings. An APCOR portable radio and MICOR mobile unit (for ambulance use) will be allotted to the branch clinics at Alameda, Mare Island, Moffett Field and Treasure Island. In addition to the portable radio and mobile unit, Oak Knoll has installed a CENTRACOM master control console in the OOD's office, a doctor's console in the emergency room and another in the coronary care unit.

To back up five operational ambulances—in the event of break down—10

additional vehicles have been wired and have antennas installed to accommodate the mobile units, reported Lieutenant Commander David L. Vosloh, Chief of Operating Management Service.

A duplex coupler permits the portable radios to be used with a telephone. Using this feature, paramedics can obtain guidance from the emergency room physician on duty—even when they are out of receiving range or inside buildings. This is accomplished by dialing a special number, that links MED channels over the telephone line instead of the air waves. Branch clinic doctors can use this technique to contact physicians at the center when instant consults are required.

Commander Vosloh said initial concentration of the system will be focused on the Moffett Branch Clinic. "Five of the students in the first paramedic class are from the air station," he explained. "They'll provide (upon completion of training) a 24 hour ambulance service—seven days a week."

Terrain and distance put the Moffett and Mare Island clinics out of NRMCO's receiving range. When physician management is needed at the scene of a medical emergency, paramedics can contact one of three hospitals in the San Jose area having telemetry capabilities. Mare Island will rely on Vallejo General Hospital when necessary.

The Alameda and Treasure Island clinics, however, are within ideal communication range of Oak Knoll.

Six MEDEVAC helicopters at Fort Ord were recently equipped with MICOR mobile units. Once airborne, they'll be able to communicate with this medical center.



June is bond month

Bonds help establish a savings habit

By: Lieutenant Commander Patricia B. Hoggatt
Savings Bond Campaign Chairman for NRMCO

Saving money is as important as saving energy. One of the easiest ways to save is through payroll deductions. The Savings Bond program presents an excellent opportunity for military and civilian personnel to improve their financial security and at the same time strengthen the economic stability of our country.

The new Series EE Bonds double in value in eleven years. They now begin in \$50 denominations. A minimum allotment of \$3.75 will buy a \$75 bond in just two pay periods or \$6.25 pays for a \$50 bond in four payments.

There are numerous advantages to purchasing bonds:

You can buy bonds in your child's name. If your child has no other income, no tax will be due on accrued interest.

When bonds are purchased for retirement, Federal tax may be deferred until the bond is redeemed or comes to maturity (whichever comes first).

There are no state or local taxes on Savings Bonds.

There may be savings plans which pay more interest, but none offer such tax advantages or security.

Of particular importance, Savings Bond programs help establish the habit of saving. It's an ideal way to initiate a lifelong savings habit.

Contact the key person in your division for more information.

BUY BONDS!!!

SECNAV cites need for saving

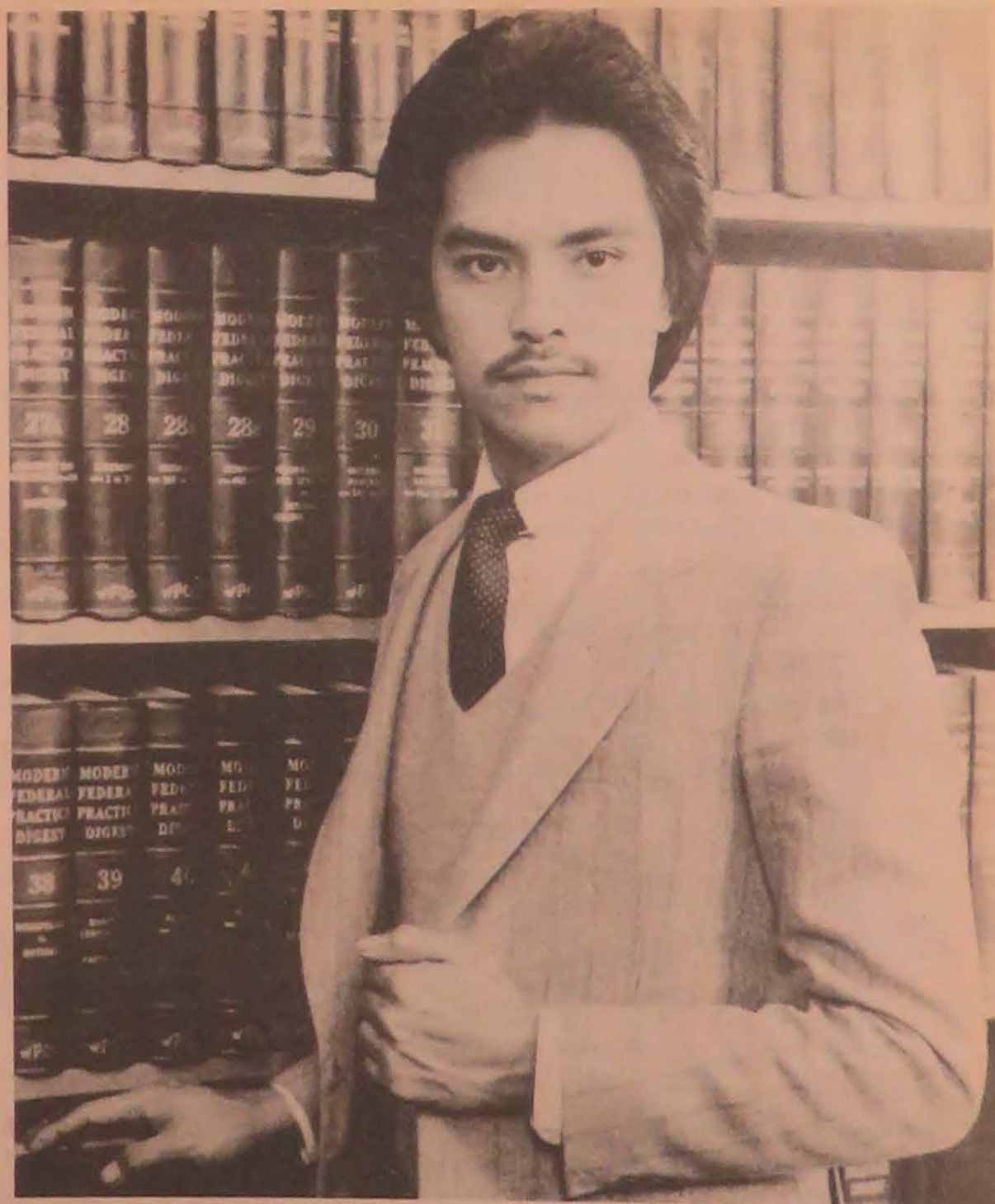
Secretary of the Navy, Edward Hidalgo, recently encouraged servicemembers to participate in the Navy's Savings Bond allotment program saying:

"While I am aware of the demands made upon your personal financial resources, it is evident that unless an earnest effort is made to budget a portion of your pay into savings, no matter the amount, the result can only be continued accelerating prices and inflation, much to the disadvantage of us all. Therefore, it is of the utmost importance that each of us consider the dual benefits derived from systematic saving—building a personal financial fund and reducing inflation.

"I urge each of you to join with me in the fight against inflation. Set aside a portion of your earnings each payday to savings by signing up for a systematic Savings Bond allotment during the June campaign. There's a broad range of Savings Bond allotments from which to choose; select one and start your savings program.

"United States Savings Bonds play a vital role in the management of the public debt. They're a stabilizing, anti-inflationary force in the economy," he added.

The Navy conducts its annual Savings Bond campaign during the month of June. To start your allotment, simply contact the key person in your division.



DISTINGUISHED SPEAKER—Speaking on "Asian/Pacific Americans in the 1980's", Mr. Tim Dayonot will deliver the keynote address to the Clinical Assembly during ceremonies observing Asian/Pacific Heritage Day at Naval Regional Medical Center, Oakland, June 12. Mr. Dayonot serves on California Governor Jerry Brown's staff as a Community Relations Representative. Prior to his appointment to the governor's office, he chaired a committee for the Mayor's Criminal Justice Council of San Francisco. Proclaiming Asian/Pacific American Heritage Week, President Jimmy Carter stated, "America's strength is in the heart of its people and the richness of its cultural diversity. Those who have come from Asian and Pacific countries have long added, a special quality to our American mosaic."

Editorial ---

Flag Day is celebrated by Presidential Proclamation on June 14, marking the anniversary of the Congressional Resolution on June 14, 1777, which established the Stars and Stripes as the U.S. national banner.

A turn-of-the-century Flag Day proclamation expressed well the significance of the observance: "We celebrate Flag Day because this flag which we honor and under which we serve is the emblem of our unity, our power, our thought and purpose as a Nation. . . . It floats in Majestic silence And yet, though silent, it speaks to us, speaks to us of the past, of the men and women who went before us and of the records they wrote upon it."

The flag has always had a special significance for members of the Armed Forces. During the Civil War, for example, more Medals of Honor were awarded for incidents involving the flag than for any other type of action.

On the sea, it was a sign of surrender when a country's national ensign was hauled down. During one famous battle when the American national flag was shot away, the enemy ship asked if the



Flag Day: Special Significance To Armed Forces

American vessel had surrendered. The ship was the BON HOMME RICHARD, commanded by John Paul Jones. His answer resounds through history: "I have not yet begun to fight."

When President Woodrow Wilson gave his Flag Day message in 1917, shortly after the U.S. declaration of war against

Germany, he noted the sacrifices that had been and would be made by those who followed the U.S. flag into battle.

He said, "We are about to bid . . . the young, the strong, the capable men of our Nation to go forth and die beneath it on fields of blood far away . . . for some old, familiar, heroic purpose for

which it has seen men die on every battlefield upon which Americans have borne arms since the Revolution."

That purpose, he pointed out, was the preservation of liberty. And American liberty—with all it entails—continues to be symbolized by the U.S. flag wherever it waves.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick P. . . .
HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on a day produced commercially with appropriate funds in compliance with NNPR P-35, Rev. 1974. Deadline for copy is Thursday noon of week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



A new way to save

WASHINGTON (NES)... The Navy plans to implement the new "EE" Series Savings Bond Program in July 1980. No allotments for the "EE" series bonds will be registered with the first deduction before July 1980; no new allotments for the old "E" series bonds will be registered after April 1980. All existing "E" bond allotments remain effective through June 1980, and will be automatically converted to the "EE" bond deduction schedule shown below in July 1980, unless changed or stopped by the member.

All members with bond allotments currently in effect will be notified in advance that their current bond allotments will be converted to the new "EE" series bonds.

Old Series "E"				New Series "EE"			
Monthly Ded.	No. of Ded.	Purchase Price	Maturity Value	Monthly Ded.	No. of Ded.	Purchase Price	Maturity Value
6.25	3	18.75	25.00	6.25	4	25.00	50.00
12.50	3	37.50	50.00	12.50	2	25.00	50.00
18.75	1	18.75	25.00	18.75	2	37.50	75.00
25.00	3	75.00	100.00	25.00	1	25.00	50.00
37.50	1	37.50	50.00	37.50	1	37.50	75.00
50.00	3	150.00	200.00	50.00	1	50.00	100.00
56.25	1	56.25	75.00	50.00	1	50.00	100.00
75.00	1	75.00	100.00	50.00	1	50.00	100.00
125.00	3	375.00	500.00	125.00	2	250.00	500.00
150.00	1	150.00	200.00	100.00	1	100.00	200.00
250.00	3	750.00	1000.00	250.00	1	250.00	500.00
375.00	1	375.00	500.00	250.00	1	250.00	500.00
750.00	1	750.00	1000.00	500.00	1	500.00	1000.00

Members who do not want their current bond allotments converted as indicated above should contact their disbursing officer:

- before June 1, 1980, if they want to cancel their existing "E" series bond allotment without any "EE" replacement.
- as soon as possible if they wish to change their existing "E" bond allotment to a new amount resulting in automatic conversion to the "EE" amount desired. This will permit the new deduction amount to be effective sooner than if the following alternative was selected.
- before June 1, 1980 to cancel their existing "E" bond allotment and to register a new "EE" bond allotment for an amount other than that from an automatic conversion.

Gratitude extended to volunteers

The command would like to express its appreciation to the following personnel, who assisted in the demonstrations and exhibits during the Armed Forces Day weekend:

Commanders Charles Spielman, MC, and William Murphy, MC; Lieutenant Commanders Marcia Sherrard, NC, and John Kraft, MSC; Lieutenants Ed Rucker, NC, and Kenneth Edberg, MSC; Lieutenant (junior grade) Glenn Butts, MSC; Ensign Bill White, MSC, and Mr. Herb Queller.

Also, Dental Technician Chiefs Don Hritz and Kevin Lannan; Hospital Corpsman (HM) Second Class Greg Leavitt, HM2 Daniel Richards, Dental Technician Second Class, JoAnn Servinsky, HM3 Lee Bradford, and HM3 David Garcia.

And, Hospitalman (HN) Bill Josey, HN Cass Hutchinson, HN Pam Porter, Joyce Talbot and HN Louise Thackston.

Many thanks for being "Strong and Ready" to represent Naval Regional Medical Center Oakland.

Lieutenant D.L. Gustafson, MSC, Program Coordinator

Institute memberships available

WASHINGTON (NES)... Anyone newly commissioned on or after Jan. 1, 1979, in the U.S. Navy, Marine Corps, or Coast Guard is eligible for one free year of membership in the U.S. Naval Institute.

This free year of membership includes 11 issues of *Proceedings* magazine; the double-size *Naval Review* issue; a 20 percent discount on more than 200 naval and maritime books; access to the "members only" book order service; a 20 percent discount on fine color print gallery reproductions; and eligibility for the USNA Alumni Association's Group Life and Medical Insurance Programs.

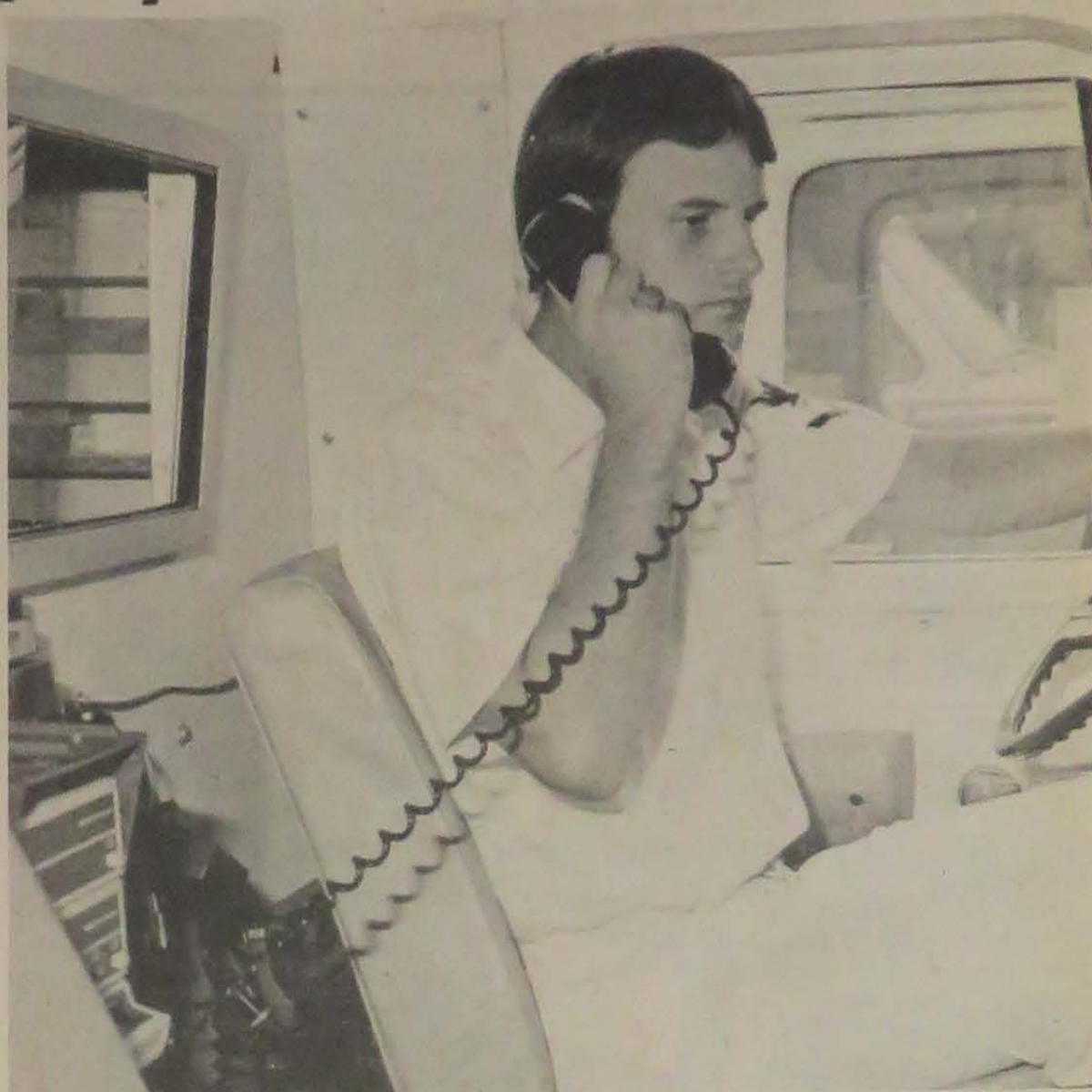
A special application for this free year of membership is available through Membership Promotions, U.S. Naval Institute, Annapolis, Md. 21402, or call (301) 268-6110.



How the new telemetry system will work—



PREHOSPITAL CARE—At the patient's side, a portable radio allows the paramedic to relate symptoms and vital signs while simultaneously transmitting an EKG. In response, the emergency room physician directs specific medical action including the administration of drugs without interrupting the paramedic's transmission. The portable unit, which operates through a two-way repeater in the ambulance, can transmit continuously for one hour on rapid recharge batteries. It transmits to the ambulance effectively within a one-half mile radius. Demonstrating the use of the portable radio are Hospital Corpsman (HM) Third Class Julie Wood and HM2 Gary Whiting. The "patient" is Hospitalman Abdul Muhammad. The three are students in the first class of the Advanced Emergency Medical Technician Paramedic training program, which began here April 28. The LifePak 5, cardiograph recorder/heart defibrillator, provides a monitor for paramedic use and is not necessary for the transmission of patient EKGs.



UNDERWAY—On board, cables for transmitting patient EKGs can be switched from the portable radio to the mobile unit system. The radio allows two-way communication at the same time EKG tones are being sent to the hospital. Hospital Corpsman Third Class William Sallin, a student in the first Advanced Emergency Medical Technician Paramedic training program, uses a telephone-type handset, which affords the operator more privacy and better clarity in communication.



CONTROL CENTER—Lieutenant Commander David L. Vosloh, Chief of Operating Management, inspects the system's master control console. The nucleus of the network, to be used at Naval Regional Medical Center Oakland, is located and manned at the OOD's desk. Incoming calls are received on UHF-MED channels nine and ten—designated for coordinating communications. When physician assistance is required, the call is switched to one of eight available MED channels and directed, as appropriate, to a control console in the emergency room or coronary care unit.



PATIENT COVERAGE—Lieutenant (Doctor) David L. Sneed, Emergency Room physician, inspects strip EKG tracing while a five inch oscilloscope indicates the patient's EKG waveform. The hospital control unit enables doctors to cover emergencies and monitor patient transport from the hospital. A cassette tape records two-way radio conversation and incoming EKG tones.

Latest Advice On Giving Up Smoking—

CALLING IT QUILTS

When Thinking About Quitting . . .

- List all the reasons why you want to quit. Every night before going to bed, repeat one of the reasons 10 times.
- Decide positively that you want to quit. Try to avoid negative thoughts about how difficult it might be.
- Develop strong personal reasons in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting a light, etc.
- Set a target date for quitting—perhaps a special day like your birthday, your anniversary, a holiday. If you smoke heavily at work, quit during your vacation. Make the date sacred, and don't let anything change it.
- Begin to condition yourself physically—start a modest exercise regimen, drink more fluids, get plenty of rest and avoid fatigue.

List all the reasons. . .



For your info---



FOR A GOOD CAUSE—Rear Admiral Walter M. Lonergan, Commanding Officer, Naval Regional Medical Center Oakland, proffers his donation for the Navy Relief Society (NRS) drive to Commander Mary L. Rooney, project officer for the campaign at Oak Knoll. The month long drive, which ends today, helps keep money in the till as NRS aids Navy and Marine Corps servicemembers in financial distress.

Reprinted with permission from TIME Magazine. Copyright Time Inc. 1980, all rights reserved.

The Presidency/Hugh Sidey

The Essence of Courage

On the afternoon of April 24, the sun poured down on an Egyptian airfield where six C-130 transports squatted. The men who would fly the planes to Iran and those who would storm the U.S. embassy compound milled around the craft. The rescue force commander stood in the open beside the elaborate communications gear that linked the tense unit with the White House, the Pentagon and a collection of technical groups spread halfway around the world.

The officer, a veteran of much combat, looked out over the field and felt something entirely different from anything he had felt before when he had fought with armies beside him and behind him. These troops were going alone into a world of 35 million suspicious and hostile people. No other nation had ever tried a military operation so distant and complex. The idea of failure was acknowledged but locked away. It had to be. The belief that success can be achieved in such an exploit may be 60% of the effort. It is a beautiful scene, thought the officer as he swept his eyes far down the horizon, taking in each airplane. He mused as a warrior, sensing not the horrors of battle that might be coming but the pride and honor the men felt to be there, the singular essence of courage that only those who do such things can fully understand.

The time ticked away in long seconds toward that moment when the signal would come that the mission was on. The commander received his orders. The soldiers and airmen were watching his face. He turned and jammed his fist into the air with his thumb up. Shouts shattered the stillness. It was a brief burst. There were no bands and no U.S. flags. The next stir was the big turbo props coming to life—then the transports lifting off into tragedy.

History will sort out the reasons why the mission failed. The experts in hindsight are thunderous now. There will be theories and reasons stated with the certitude that critics can always put on paper. But the mission might have succeeded. It might have succeeded because the extraordinary men who put it together thought it could. They calculated thousands of human and mechanical contingencies and provided for them in their preparations. But always in these things providence demands a part, and no human can reckon with that hand. Washington, Jackson, Custer, Doolittle risked and won—and sometimes lost. God knows why, and we are not going to know finally this time.

It is so easy now to attempt such missions. That is the worry now among men who must provide for the security of the U.S. Terrorism is based on the willingness of those who terrorize to take high risks. To confront it demands risks. And no crisis will ever be quite the same as the one before.

The mission's planners tried to allow not only for all the technical strains, but also for the human factors. Phone calls and letters from the members of the mission were monitored. They were allowed to go home for Christmas to keep their families unsuspecting. Men were judged for their compatibility with the machines they would use. Ten or so were squeezed out of the task force when their resolve softened. The planners studied the mentality of the Soviets and were able to fool them, even though elements of the rescue force were maneuvering right beside them. The entire task force discussed the regional politics, the American cause, the likely response of the Iranians and the world. They knew they were the vanguard in a new era of unrest. There was the conviction among those men that the nation had to try, that if the U.S. ever stopped doing such things, the future would be even more dangerous.

Too gung-ho? ask the critics. Spirit is the fundamental strength in those who fight. Otherwise, forget it. When they came in on that morning there was no bitching, no real despair. When they spilled out of the C-130s they were ordered to line up like soldiers and give their name, rank and serial number. The men quietly obeyed their orders, eyes showing profound disappointment. But, the commander noticed, no chins were down. That, he thought, is a beautiful sight in the world of those who go to fight.

You can discourage burglars

Imagine returning from a holiday to discover that your home had been burglarized—your valuables and cherished keepsakes stolen or destroyed!

Such occurrences are not uncommon, particularly during the summer months. Short of posting a guard on 24 hour duty, there's no way to ensure that you won't be victimized. There are precautions that can be taken to deter criminals from visiting your residence while you're away.

Most burglars won't look twice at a house or apartment that appears occupied. Creating the impression that someone's home will discourage closer inspection by potential intruders.

Shield the interior of your home to public view by keeping the drapes drawn and curtains pulled. Electric timers are inexpensive and can be programmed to turn lights or radios on and off at specified times, giving the illusion of activity within.

Dry unmown lawns are a good indication that no one's home. Try to make arrangements with a neighborhood youngster to mow and water the lawn to save you the trouble of putting things back in shape when you return.

Don't let things pile up—contact the post office and ask them to hold your mail. Have your newspaper carrier suspend delivery while you're gone and cancel other deliveries as well.

Let the police and a reliable neighbor know how long you'll be gone and where you can be contacted.

Ask your neighbor to keep ads and fliers from accumulating and to alert authorities if there's any suspicious activity, sounds or strangers around your residence.

Whether you're away for a long or short time, never leave messages on your door or mailbox indicating your absence. Leaving a key in the mailbox or under a doormat is an invitation to thievery.

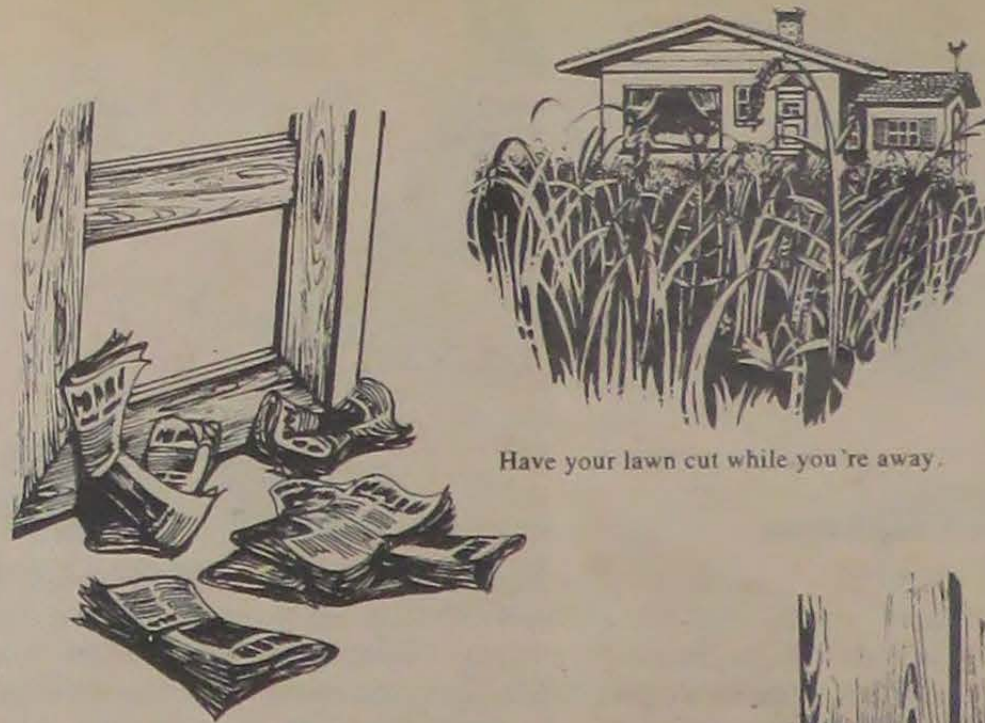
Unattended lawn furniture, barbecues and garden tools have an uncanny way of disappearing if left out.

Broken and worn locks should be replaced. The cylinder-type with a deadbolt feature is best. Remember to check all the doors and windows before departing. Some older homes have coal chutes that provide easy access to the inside; they should be rendered inoperable while you're away.

Store your valuables in a safety deposit box. Appliances and art objects can be marked with an engraver for easy identification and serial numbers should be kept on record.

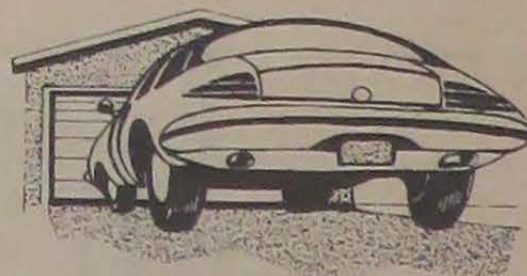
Some police departments have crime prevention teams, who can assist you in marking your property and making your home burglar proof. Many of them provide signs indicating that your possessions are marked.

A simple telephone call will reveal the services available in your area.



Have your lawn cut while you're away.

Don't let newspapers and mail accumulate.



Leave a car parked in your driveway.



• Install deadbolt locks on doors.

ENERGY.
We can't
afford to
waste it.

"WE ALL HAVE
A CONSUMING
INTEREST IN
ENERGY..."



People make news ---

PRIMARY SPEAKER—Lieutenant Commander (Doctor) James K. Schmitt will address—as primary speaker—the American Diabetes Association in Washington D.C. on June 16, giving a presentation on diabetic control and heart disease. Prior to his departure, he'll give a discussion on "Recent Advances in Diabetes" at the annual meeting of the association's Northern California Affiliate in Berkeley on June 9. The Clinical Investigation Endocrinologist has been assigned to Oak Knoll for ten months. He makes his home in Concord with his wife, Norma and sons Eric and Brian.



LCDR James K. Schmitt

---Comings and Goings---

"Fair winds and following seas" to the following personnel who have recently detached from Naval Regional Medical Center Oakland:

Lieutenant Commander Charlene Johnson, Nurse Corps, to Yokosuka.
Lieutenant Robert Pelfrey, Medical Corps, released from active duty.
Lieutenant Commander Calvin Poland, Medical Corps, released from active duty.
Lieutenant Deborah Young, Nurse Corps, to Postgraduate School, Monterey.

"Welcome aboard" to:
Ensign Michael G. Alt, Clinical Clerk
Captain Frederick Benoit, Medical Corps
Ensign Roger Danier, Clinical Clerk
Ensign Karen Nalette, Nurse Corps
Lieutenant Gregg Parker, Medical Corps
Commander Joost Sluis, Medical Corps
Lieutenant Commander Roseanne Sobkow, Nurse Corps



OAK LEAF HELPER—Eddie Panas, 9, son of Lieutenant Commander and Mrs. Bruce R. Panas, is our new delivery volunteer for the officers' quarters in the Barcelona-Santa Cruz area. Eddie attends St. Paschal's where he just completed the third grade. Eddie's services are greatly appreciated. He receives no pay for delivering the OAK LEAF to families in his area.

Kudos.....

LETTERS OF APPRECIATION
Lieutenant Commander Charlene Johnson, Nurse Corps, recently detached to Yokosuka.
Lieutenant Commander John Kraft, Medical Service Corps, Patient Affairs Service, from Commander Patrol Wings, U. S. Pacific Fleet.
Lieutenant Deborah Young, Nurse Corps, recently detached to Postgraduate School Monterey.

GOOD CONDUCT AWARDS
Hospital Corpsman First Class Antonio F. Alvarez, Patient Affairs Service.
Hospital Corpsman Second Class Mel L. Grossgold, Ophthalmology Service.

Three promoted

Congratulations to the following personnel promoted to the rank indicated:
Lieutenant Jo A. Kanzler, Nurse Corps
Lieutenant (junior grade) Graceann E. Schartner, Nurse Corps.
Lieutenant (junior grade) Jeanne M. Weaver, Nurse Corps.

Hospital Corpsman Third Class Donna M. Gruber, Physical Therapy.
Hospital Corpsman Third Class Walter A. Lewis, Psychiatry Service.
Hospital Corpsman Third Class Irina L. Lounsbury, Psychiatry Service.
Hospital Corpsman Second Class Scott A. Marsh, Supply Department.
Hospital Corpsman Third Class Margarita Rodriguez, Pediatric Clinic.

REENLISTMENT
Hospital Corpsman First Class Olegario Majam Jr., Laboratory Svcs.

QUALITY SALARY INCREASE
Nancy Campulli, Operating Management.

Back in the Navy

Hospital Corpsman Second Class Leonardo V. Mirazo, formerly on the staff at Oak Knoll, has reenlisted in the Navy after having been separated from the service for some time.

Petty Officer Mirazo was assigned to Ophthalmology Service at Naval Regional Medical Center Oakland, departing nearly five years ago.

His new duty station is Naval Station, San Diego, Calif., 92136.

SOM Gray enjoys homemaking

Oak Knoll's Sailor of the Month (for April) is an active mother, who enjoys homemaking and spending time with her family.

Hospital Corpsman First Class (HM1) Ann C. Gray, of Military Manpower Service, says she's flattered to have been chosen, "I don't feel that I've done anything outstanding. I've just tried to do my job," she stated modestly. "There are many here at the hospital, who are doing outstanding jobs. I wish all of them could be recognized," she added.

The energetic young Navy woman had high praise for her supervisor, "Senior Chief Price (Staff Detail Chief of Military Manpower Service) is an outstanding person and I'm thankful for the opportunity to work with him. He has a positive influence on the staff and seems to bring out the best in everyone."

Petty Officer Gray came to Naval Regional Medical Center Oakland in August 1979. She's a certified Neuropsychiatric and Cyto technician, and has held prior billets at Bethesda, Md., Camp LeJue, N. C. and Okinawa, Japan.

A native of the Hoosier State, HM1 Gray has pursued night college courses during her eight and a half years in the Navy. She plans to continue her education working towards a degree.

The daughter of Mr. and Mrs. Paul Bergin of Mishawaka, Ind., enjoys running, swimming and crocheting. She makes her home in Oakland with her husband, Doug and sons, Kendall, 4 and Joseph, six months.



HM1 Ann C. Gray

Nurse in spotlight:

Leaves active duty in July

Lieutenant Cheryl L. Holingue, Coronary Care Nurse, will leave Oak Knoll and the Navy in July. She plans to return to her hometown of Chicago to continue her nursing career.

Ms. Holingue has been assigned to Naval Regional Medical Center Oakland since August 1977. She began working on Ward 9 South, took dialysis training in August 1978 and transferred to the Coronary Care Unit in May 1979.

Joining the Navy, "because, I'm adventurous," Lt. Holingue likes to travel. She recently returned from a 30 day excursion to Asia and is anxious to travel to Australia.

The Navy woman explained her choice of nursing saying, "I like challenges and there's never a dull moment (in nursing)."

A graduate of the University of Illinois College of Nursing, Lt. Holingue was a member of Alpha Lambda Delta and was listed in the "Who's Who in American Colleges and Universities" in June 1976. She was nominated for her exceptional academic and social contributions to her school. She hopes to continue her education working for a master's in adult health with a specialty in preventive health.

The daughter of Mr. and Mrs. Carl Kaminska of Phoenix, Ariz., enjoys photography, reading and needlework. She also likes history, the fine arts and plays the organ.



RETURNING TO CHICAGO—Lieutenant Cheryl L. Holingue plans to continue working as a Coronary Care Nurse. A Registered Nurse prior to joining the Navy Nurse Corps, she compared military and civilian nursing saying, "The military (nursing staff) seems to be much more devoted."

Speaking of health care

OVERWEIGHT,
MAYBE! BUT...



NOT
FAT!

If your summer uniform doesn't fit the way it did last year, or if bathing suit weather is threatening to reveal all, you may be among the more than 79 million Americans who the Public Health Service says are affected in one way or another by overweight.

At any one time, there are 9.5 million Americans on a diet, all obsessed with one of mankind's historical problems: getting rid of unwanted weight. Yet history's view of fat folks is confusing. The Greek city-state of Sparta, always in a fit-to-fight readiness, told the overweight to get out of town, according to the National Geographic Society. But in Europe of the Middle Ages, obesity was a symbol of good fortune, even though gluttony was considered a sin.

Fat business

Confusing or not, dieting is a fat business. Americans spend \$10 billion a year on reducing. That includes \$220 million on reducing resorts, \$100 million on exercise equipment, \$54 million on diet pills, and \$1 billion on books, magazines, and other how-to-diet pub-

lications. Yet only 29 percent of the people who begin a weight reduction plan will lose 20 pounds or more, and only 6 percent will keep it off. Champion dieter, says the **Guinness Book of World Records**, is ex-circus fat lady Dolly Dimples who went from 555 to 145 pounds in 14 months.

Diets unlimited

There are approximately 2,000 diets around today, many starring a variety of foods from bananas to seaweed. Doctors say that less than half are physically and mentally safe, and would-be dieters to seek medical advice before embarking on any diet. To prevent gaining excess weight, health authorities suggest the push-back-from-the-table exercise, perhaps the most sensible, effective dieting technique.

One final fact: thinking about dieting won't help much. It has been calculated that one hour of mental effort will burn up the calories equal to one ounce of cracker or one half of a salted peanut.

CHAMPUS

Benefits cover some oral surgery

While CHAMPUS doesn't have a dental benefits program and "adjunctive" dental care is limited, certain oral surgery procedures may be authorized.

Surgery, which may be performed by either physicians or dentists, are considered medical in nature and do not require preauthorization. CHAMPUS benefits may be extended for:

- Treatment of oral and facial cancer.
- Excision of tumors and cysts from the mouth area for pathological examination.
- Treatment of fractures of facial bones.
- Correcting accidental injuries to the jaws, lips, tongue, roof and floor of the mouth.
- External incision and drainage of cellulitis.
- Surgery of accessory sinuses, salivary glands or ducts.
- Reduction of dislocations and the excision of temporomandibular joints when surgery is a necessary part of the reduction.

Coverage for cosmetic and reconstructive surgery is limited and requires advanced approval in writing from the Director, OCHAMPUS, Aurora, Colo. 80045.

For more information on oral surgery and other CHAMPUS benefits, check with the Health Benefits Advisor at a service medical facility, including Oak Knoll, the CHAMPUS fiscal intermediary which pays claims in your area, or write to OCHAMPUS, Aurora, Colo. 80045.

Mixing medicines also drug abuse

Some things in combination are rather nice—cheese and crackers for instance. But, some things don't go together at all—like medicines.

During the spring sniffles season, most people don't think twice about taking "just an aspirin" or some cough drops. Yet, no matter what medicines you take—even if it is "just an aspirin"—the minute you take more than one medication, you could be in trouble. Mixing medicines can make you very sick. Here is some advice from the Food and Drug Administration (FDA) to help you protect yourself from this hazard:

- When your physician gives you a prescription, be very sure he or she knows what other drugs you are taking, including headache remedies, cold medicines, laxatives, and other non-prescription medicines. And, remember that alcohol is a drug, too. Ask whether drinking alcohol will have any adverse

effect when you're taking your prescription.

- Don't take medicine that has been prescribed for somebody else. The drug in that prescription could interact with something else you're taking. Or, it may just be too wrong for you.

- Over-the-counter medicines are required by FDA to contain information about drug interactions. But the warnings don't call the drugs by their brand names. Instead, the labels use the officially established or generic name of the drug. So, if you are taking a medicine prescribed by its brand name, be sure to find out what its generic name is.

Additional information is contained in a free FDA pamphlet, **Mixing Medicines**, which is available from the Consumer Information Center, Dept. 50, Pueblo, Colo. 81009.

The never ending war against mosquitoes

It's a war that's been going on ever since the dawn of time, when a chance meeting of Early Man and mosquito triggered the now familiar bite and slap sequence.

And mosquitoes are attacking in record numbers this year, say entomologists—experts on insects—because rain fell at the right time in the right spots this past spring and summer, causing swarms of newly hatched mosquitoes to rise from swamps, ponds, and stagnant pools.

But the swatting tactic is tricky, inefficient and frequently too late. Thus, technology has been applied to the problem. In ancient times, the Egyptians learned that burning smudge pots warded off the biting insects.

What works best today when doing battle with these biting bugs?

"Smoke definitely discourages mosquitoes," Ed Bunch, an entomologist with the Environmental Protection Agency (EPA), says of the mosquito coils and candles currently on the

market. "But for most people, insect repellents sprayed or rubbed on probably do the best job."

Bunch's laboratory is responsible for testing such products. He has watched researchers cover their arms with insecticides, then thrust them into glass containers filled with thirsty mosquitoes and emerge unscathed.

"The catch is that people outdoors often miss a couple of spots," he says. Then the mosquitoes zero in on that area and people think the insecticide didn't work."

He adds a note of caution about insect-repelling gadgets, such as an electronic device which was supposed to drive off mosquitoes by emitting ultrasonic sound.

In EPA tests, one volunteer wore the device and another didn't in walks through mosquito infested areas. "Sometimes the man wearing the gadget got more bites than his partner," Bunch said. "We had to ban it."



Rx: Drug Notes

Heroin: Street names "Big H," "Horse," "Junk," "Rag," "Smack." Marketed first in 1898 and widely used in patent medicines, by 1903 its addictive dangers were noted and steps taken to control distribution. Obtained from poppy plant as opium. When smuggled into U.S. the heroin is cut by the addition of various substances, including milk sugar, quinine, and cornstarch to make the product go further.

Use Symptoms: Of all the opiates, heroin has the

greatest potential for addiction and dependence, both psychological and physical. The user becomes emotionally detached from reality, everything looks rosy until the drug wears off and another dose is needed. Users feel euphoria (i.e., body comfort, well-being, absence of pain or distress), drowsy, sometimes depressed, with constricted pupils.

Other Indications: May be taken orally, injected, or smoked. If injected, high potential for infection.

Respiratory rate is depressed, increasing high risk of accidental overdose and death.

Legal Aspects: Heroin is listed under Schedule I of the Comprehensive Drug Abuse Prevention and Control Act. Under Federal law, traffickers may be imprisoned for up to 15 years and fined up to \$50,000 with the sentence and fine doubled for a second offense.

With the family ---

Father's Day is time for recognition

On June 15, sons and daughters of all ages will honor their fathers.

Father's Day is a time for recognition and gratitude as we recall the untold sacrifices this man has made in our behalf. It affords us the opportunity to say thank you for all the love, guidance and support that is tendered us.

Also deserving special tribute on this day are the many stepfathers who have assumed the paternal role for children other than their own, offering the same protection and care extended to their own offspring.

It's a time for fathers to reflect upon the responsibilities they bear. To evaluate the moral example they set by their actions; and to pose questions such as: Am I spending enough time with my children? Am I the kind of man that can be freely approached with problems?

It is the father's role to instill a feeling of personal confidence and sense of purpose that will equip his children to meet a challenging future. And so it should also be a day of planning, for this is no easy task.

This is the essence of President Calvin Coolidge's message when he proclaimed Father's Day in 1924 saying, "The widespread observance of this day is calculated to establish more intimate relations between fathers and their children and also to impress upon fathers the full measure of their obligations."

Happy Father's Day.



Little acorns. . .

The following additions to the Naval Regional Medical Center "family" have arrived at Oak Knoll:

A baby boy to Ship's Serviceman Third Class Emilio V. Barilla, Operating Management, and his wife Lolita, May 15.

A baby girl to Hospital Corpsman Second Class Jerry S. Zacharatos, Chemistry Department, and his wife Janet, May 17.

A baby boy to Hospital Corpsman Third Class Phillip Scott Nixon, Commanding Officer's Office, and his wife Debra Jane, May 18.

DoD urges parents to register tots

The computer based Defense Enrollment/Eligibility Reporting System (DEERS) will use individual Social Security numbers to establish benefit entitlements including health care, commissary privileges and exchange services.

With the growth of DEERS, the Department of Defense urges servicemembers to obtain Social Security numbers for their children at an early age.

Parents applying for Social Security numbers for preschool children, need only furnish a birth certificate if no other record of age or identity has been established.

Applications, for anyone under 18, can be made through the mail. Documents will be returned, after they have been noted on record and certified by the Social Security Administration.

Individuals over 18 must make application in person at a Social Security office. They will be required to furnish a birth certificate and one other document proving identity.

Foreign-born applicants—of any

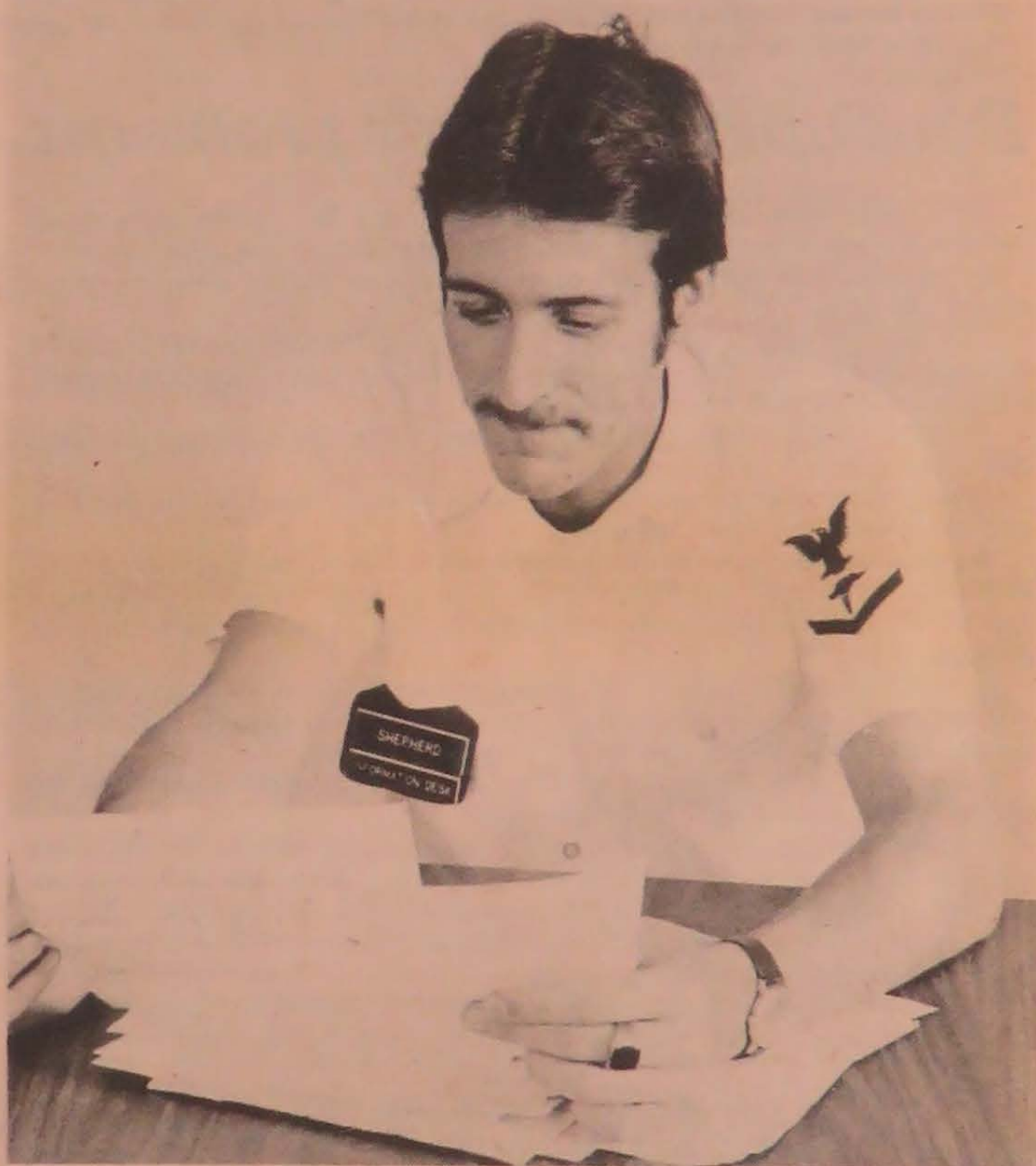
age—must submit evidence of their United States citizenship or alien status.

Proof of identity must be submitted before a lost Social Security card can be replaced. Applications are checked against information on file prior to the issue of a new card.

Under federal law, Social Security numbers are used for taxpayer identification purposes and reporting Social Security taxes. The number is also used at the state and local levels for tax records, driver's licenses, motor vehicle registration and public assistance payments.

Application for new or replacement Social Security cards should be made at least six weeks prior to the time the number is needed, to allow time for processing.

To obtain application forms or for more information, contact the nearest Social Security Administration office. You'll find the listing under "United States Government" in the telephone directory.



LETTERS FROM HOME—Hospital Corpsman Third Class Richard Shepherd of Operating Management recently received a deluge of mail from grade-schoolers in his hometown of Glenside, Pa. It all started when his little sister, Jennifer, showed classmates at Glenside-Weldon Elementary School her brother's boot camp yearbook. Noting the interest the book generated, Jennifer's fourth grade teacher told her students to write a letter to Richard as a homework assignment. The students wrote about hobbies and favorite school activities and asked questions about Navy life. One of them expressed a genuine interest in a naval career writing, "I would like to be in the Navy when I'm older. . . I want to be a petty officer. I'd feel proud and happy!" Another wrote, "I'd like to be a yeoman, what is it?" Petty Officer Shepherd says he plans to answer the letters in the near future.

Civilian medical care is authorized

You are driving from Oak Knoll to your home town. Halfway there, you come down with stomach pains. The nearest federal hospital (military or veterans') is 100 miles away.

You need medical attention. Can you be treated at that civilian hospital just off the freeway, and have Uncle Sam pay the bill?

Of course.

Active duty servicemembers (Navy and Marine) can receive care in civilian medical facilities, when federal health care is not immediately available. If your condition isn't a life, limb or sight threatening emergency, take time to consult the telephone book for the nearest federal hospital. They're listed in the white pages under "U. S. Government."

Direct the hospital or clinic to send bills to your commander. When you return to your duty station, check with sick bay or the medical clinic to fill out a claim form. Oak Knoll staff members should see Patient Affairs to prepare the claim.

If you'd like more information, contact Lieutenant Commander John E. Kraft, Chief of Patient Affairs Service, at ext. 2422 or 2423.

Chaplain's Corner

A Sixth Sense

By Chaplain J. Q. Leshner
Commander, CHC, USN



From the battle field comes the story of a soldier who records how he was separated from his unit by a violent attack from the enemy.

In the darkness of night it was soon impossible to make out any recognizable landmarks, and so he found himself hopelessly lost. Not until the first rays of dawn was he able to get his bearings and formulate a plan to work his way back to friendly lines.

How descriptive this is of the world in which we live. There have been violent changes everywhere and we realize that familiar landmarks are no longer reliable. What we long for, like the soldier, is the dawning of a new day.

We do not ask much from our times. About the only thing we really want is a kind of sixth sense so we can see what lies ahead with some degree of clarity. If we could see that man had found the road to brotherhood and goodwill—this would probably be enough for most. We don't have this sixth sense. But we do have each other to help find our way. We, then, have a large responsibility, for it is each one's vocation to see light and establish landmarks when others see only darkness.

It is our responsibility—and we certainly have the opportunity when ministering to human needs—to extend a helping hand, say a kind word, and give encouragement.

When Von Hugel, the great philosopher, was dying, his niece bent over her uncle because she could see his lips moving but could not hear what he was saying. She put her ear close to his mouth and heard his very last words.

"Caring is everything. Nothing matters but caring."

In this spirit, let each of us accept the responsibility of helping others through the threatening darkness of a seemingly uncaring world.

Off duty ---

Oak Knoll eye surgeon to try for U. S. Olympics



ON TARGET—Lieutenant Commander (Doctor) William R. Schlichtemeier sights a 45 automatic, modified for target shooting. He's received an invitation to try out for the U. S. Olympic and World Championship U. S. A. pistol teams in Phoenix, Ariz. June 8.

Lieutenant Commander (Doctor) William R. Schlichtemeier, Corneal Transplantation Surgeon, Ophthalmology Service, has been invited to participate in the Twentieth Annual U. S. International Shooting Championships and final try out for the United States Shooting Team to be held in Phoenix, Ariz. June 8.

Commander Schlichtemeier said he hopes to compete in the Eleventh National District North Pistol Championships, at Moffett Field June 7, prior to his departure.

When asked how he thought he'd do in the tryouts, the doctor declined speculation saying there would be a lot of good shooters attending and that only two would be selected from his category. "But, who's supposed to be steadier than an eye surgeon?" he quipped. (It may be encouraging to note that the commander took seven medals and the "Governor's Trophy" at the California State Rifle and Pistol Championships held at Fort Ord in April.)

The Navy surgeon recently spent 10 days at Tripler Army Hospital in Hawaii. As a consultant to the Army, he conducted a course in corneal transplantation and external disease, with 30 Air Force, Army, Navy and civilian doctors participating.

A graduate of the University of Nebraska School of Medicine, LCDR Schlichtemeier received eye surgery training at the Henry Ford Hospital in Detroit. He's been assigned to Naval Regional Medical Center Oakland for two years. Leaving the Navy in July, he plans to establish private practice in Omaha, Neb.

The son of Mr. and Mrs. Robert Schlichtemeier of Murray, Neb., currently lives at Oak Knoll with his wife, Jeanette and daughters Amy and Lisa. His interests include scale model railroading and flying model aircraft. He also plays with the EENT softball team.

Boat upkeep solves problems

Davy Jones loves lubberly men and lubberly boats. So... here's some advice for seafarin' salts, lest they find themselves under with no way upon them.

As vacation time nears, it might be wise to see your craft in seaworthy shape before launching.

You can start by giving the hull a good cleaning. Wooden vessels should be stripped and repainted. While chipping away at the old paint, inspect the caulking. If it's cracked, replace it before painting.

Waxing fiberglass hulls after cleaning helps the boat slip through the water and saves gas.

Check the running lights and horn, and replace burned out bulbs. If the lights are dim, the battery may need recharging.

Safety equipment is the most important gear on board. Ensure that life preservers are in good repair and that there's one for every passenger. Always keep a first aid kit and a flashlight with fresh batteries in the stowage compartment for emergency use.

Fire extinguishers decay with non-use. Make sure the bottle's full and check for cracked and broken hoses or obstruction in the nozzle. Also examine the pressure gauge, locking pins and sealing wires for possible repairs.

It's no fun having the engine conk out while you're on the water. Tune the engine now. It could save a lot of grief later.

The trailer also needs some attention. There's nothing like a burned out wheel bearing, on a Sunday afternoon, to make a boating enthusiast cry. Check the bearings for pits and wear. Then make sure the trailer hitch is tight. Hook the trailer to your car and test the lights. Each trailer is different so it's up to the owner to deal with specific electrical problems.

Maintenance takes time, but problems are easier to deal with at home than 50 to a 100 miles away. Plan now, for "fair winds and following seas."

★ ★ ★ MOVIES ★ ★ ★

Friday, June 6, 6 p.m.—CON ARTISTS—Anthony Quinn, Corrine Clery—Comedy/PG

Saturday, June 7, 2 p.m.—THE DOLL SQUAD—Michael Ansara, Francine York—Adven/PG.

Saturday, June 7, 6 p.m.—THE TREASURE OF MATA CUMBE—Vic Morrow, Peter Ustinov—Adven/G.

Sunday, June 8, 6 p.m.—SCALPEL—Robert Lansing, Judith Chapman—Thriller/PG.

Monday, June 9, 6 p.m.—EVERY WHICH WAY—Clint Eastwood, Geoffrey Lewis—Action/Comedy/PG.

Tuesday, June 10, 6 p.m.—GOOD GUYS WEAR BLACK—Chuck Norris, Anne Archer—Drama/PG.

Wednesday, June 11, 6 p.m.—THE PRIZE FIGHTER—Richard Benjamin, James Coco—Comedy/PG.

Thursday, June 12, 6 p.m.—DEFIANCE—Jan Michael Vincent, Theresa Saldana—Drama/PG.

Friday, June 13, 6 p.m.—THE MAN WHO LOVED WOMEN—Charles Denner, Brigitte Fossey—Comedy/PG.

Saturday, June 14, 2 p.m.—THE CAT FROM OUTER SPACE—Ken Barry, Sandy Duncan—Comedy/G.

Saturday, June 14, 3:45 p.m.—FIDDLER ON THE ROOF—Topol, Norma Crane—Musical/G.

Sunday, June 15, 6 p.m.—UNCLE JOE SHANNON—Burt Young, Doug McKeon—Drama/PG.

Monday, June 16, 6 p.m.—KARATE OLYMPIA—James Ryan, Charlotte Michelle—Action/R.

Tuesday, June 17, 6 p.m.—SCAVENGER HUNT—Richard Benjamin, James Coco—Comedy/PG.

Wednesday, June 18, 6 p.m.—HERO AT LARGE—John Ritter, Anne Archer—Comedy/PG.

Thursday, June 19, 6 p.m.—CUBA—Sean Connery, Brooke Adams—Drama/R.

Corps Ball tickets selling rapidly

The theme "Days of Wine and Roses" will set the mood as Tashombe sets the pace for this year's Hospital Corps Ball to be held at the Officer's Club June 20.

Partygoers should plan to buy their tickets early. Only 350 were printed and these are going rapidly according

to Senior Chief Hospital Corpsman Nathaniel Jenkins, chairman of the planning committee.

Tickets—selling at \$6 each—cover the cost of a buffet dinner featuring steamship round roast and baked ham. A midnight breakfast is also included at the cost.

Navy programs held at our nation's capitol

Planning a trip to our nation's capitol this summer?

Among the many things to see and do in Washington D.C., two Navy programs will be conducted during the summer months:

The "Navy Summer Ceremony" will be held every Wednesday at 8:45 p.m. The ceremonies are free, but space is limited and reservations are required. For more information or reservations

please call: 202-433-2218 or 282-2218 (autovon). Or write to: Public Affairs Office, Naval District Washington, Washington Navy Yard, Washington D.C. 20374.

The Navy Band will hold free evening performances at eight—twice weekly. Concerts will be offered on Mondays at the Capitol Building and on Thursdays at the Jefferson Memorial. No reservations are required.

Home study offered

University of Wisconsin-Extension offers more than 400 correspondence courses to help those discharged from the service start their own business or look for jobs.

Correspondence study is convenient. You enroll at any time and work at your own pace in extra time anywhere you happen to be. Assignments are sent to the university for correction and comments.

Business courses available (all earning three credits each) are: Introduction to American Business Enterprise; Organization and Management; Elementary Accounting; Organization Behavior and Theory; Investments, and Marketing Management.

The cost of a three-credit course is \$66, plus books and materials.

For information on these and other courses, contact Jeannette Van Vonderer, Independent Study Coordinator, Department of Business and Management, University of Wisconsin-Extension, Room 758, 1 S. Park St., Madison, Wisc. 53706; phone (608) 262-4876.

SNAFU



FUND RAISER—The Tenth Annual Softball Contest between Oak Knoll's Medical Service Corps officers and Chief Hospital Corpsmen will be held here Wednesday at 5 p.m. on Field One. Winners of the event will be awarded the "Admiral's Perpetual Trophy". The game is held each year to help raise funds for the Navy Relief Society. Last year, the benefit softball game raised \$100 with MSC winning the contest 10-7. Everyone's invited to the fun and free refreshments. Donations will be accepted.

U.S. Government Printing Office
1979-33235-689-150/5



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Vol. 42, No. 13

Friday, June 20, 1980

June 30

Banner day for 43 interns, 5 dental residents

Forty-three medical interns and five dental general practice residents of this center will graduate June 30 at 2 p.m. Ceremonies slated in the Clinical Assembly.



LT J. J. Krebs

The program will consist of invocation and benediction by Captain Owen Hardage, chaplain; welcome and introductory comments from Commander Dale W. Oller, chairman, Medical Intern Training Committee; an address by Rear Admiral Walter M. Loneragan, Commanding Officer; remarks from Class of '80 graduates Lieutenant Jeffrey J. Krebs, Medical

Corps, and Lieutenant Alex D. Ehrlich, Dental Corps.

Certificates will be awarded by Dental Corps Captain Richard J. Grisius and Commander Oller and a reception will be held at the Officers' Club immediately following the ceremony.

Medical Interns

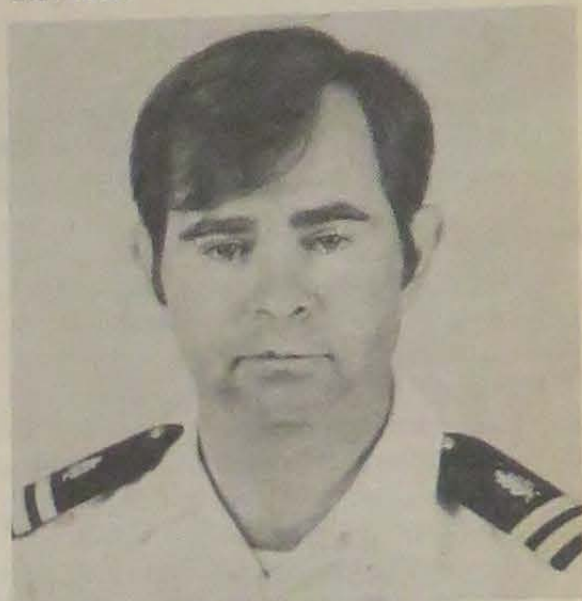
Of the medical intern lieutenants, 10 will remain at Oakland to complete residencies. They, and their specialties are: Bryan O. Barnett, Pediatrics; David E. Brown, Orthopedic Surgery; Theodore J. Heyneker, Anesthesiology; John A. Jennette, Anesthesiology; Timothy L. Keenen, Orthopedic Surgery; Arnold S. Kirshenbaum, Pediatrics; Cherril W. Mason, Primary Care; Kurt R. Roemer, Urology; Victor V. Sharpe, Internal Medicine, and William H. Taylor, Obstetrics/Gynecology.

Those whose new assignments will be aboard ship are: Timothy A. Bischoff, USS SAN JOSE (AFS-7); D. Rick Brown, USS MARS (AFS-1); Kenneth A. Conrad, USS WHITE PLAINS (AFS-4); David D. Cornwall, USS TRIPOLI (LPH-10); Clyde J. Faucett, Jr., USS ROANOKE (AOR-7); Gail M. Gullickson, USS HUNLEY (AS-31); Richard P. Holm, USS WABASH (AOR-5); Jace W. Hyder, USS CAMDEN (AOE-2); Jeffrey A. Kezlarian, USS

KANSAS CITY (AOR-3); Keith J. Lee, USS BLUE RIDGE (LCC-19); Gregory Marchand, USS ENTERPRISE (CV-65); James P. Moon, USS NIAGARA FALLS (AFS-3); Gerald E. Nelson, USS LONG BEACH (CGN-9) and Richard J. Thomas, USS GUAM (LPH-9).

Others, and their new duty are: Harry M. Brammer, III, Third Marine Division, Okinawa; Daniel C. Brooke, First Marine Division, Camp Pendleton; Thomas B. Curtis, Third Marine Division; Reuben M. Farris, Jr., NRMCM San Diego; Robert E. Ford, Naval Aerospace Medical Institute, Pensacola; John L. Haller, First Marine Division; Benjamin R. Hasty, Jr., Naval Aerospace Medical Institute; William T. Herrington, Second Marine Division, Camp Lejeune; Richard G. Hibbs, Jr., Naval Aerospace Medical Institute; Charles R. Hinman, First Marine Division; Jeffrey J. Krebs, Third Marine Division; Gary D. O'Shaughnessy, Naval Aerospace Medical Institute; Paul M. Rocconi, Naval Mobile Construction Battalion 4, Port Hueneme; David L. Sneed, Third Marine Division; William R.C. Stewart, III, Naval Aerospace Medical Institute; Robert J. Swan, First Marine Division; Mark A. Terry, Third Marine Division; Kyong T. Turk, Naval Mobile Construction Battalion 74, Gulfport, and Mark A.

Wineinger, Naval Aerospace Medical Institute.



LT A. D. Ehrlich

Dental residents

New billets for the dental corps officers (all lieutenants) who are completing their residencies are as follows: Alex D. Ehrlich, Naval Mobile Construction Battalion 133, Gulfport; Russell C. Holpuch, NRMCM Okinawa; Brian K. Nicoll, USS KITTY HAWK (CV-63); Brian P. O'Sullivan, Naval Regional Dental Center, Roosevelt Roads, and Donald M. Primley, Branch Dental Clinic, Naval Station, Adak.

Social events

All graduates were excused from duty on June 9 to enjoy a picnic with their families on the Oak Knoll recreational grounds.

Approximately 500 persons are expected to attend a party June 27 in the NRMCO Officers' Club where the graduating interns and dental residents will welcome new interns and their spouses with an outdoor steak barbecue, dancing, and skits produced by the Class of '80.

Staff officers and their spouses or dates are also invited to attend at a cost of \$8 per person.

New interns, residents reporting

An equal number of medical interns and dental general practice residents (43 and 5, respectively) as those soon to graduate will be reporting aboard next week.

New medical interns will be Henry G. Adams, Basic Surgery, University of Nebraska; Shelley L. Adams, Categorical OB/GYN, University of California; Richard C. Berglund, Basic Surgery, Rush Medical College; Ann E. Bidwell, Basic Medicine, University of Kansas; Barry D. Cohen, Categorical Pediatrics, Tulane University; Clara S. Creighton, Basic Surgery, Medical University of South Carolina; Michael J. Fogarty, Categorical OB/GYN, Yorkville College of Osteopathic Medicine; Stephen B. Freeman, Basic Surgery, Indiana University; Thomas J. Geller, Categorical Pediatrics, St. Louis University; Stephen D. Giebner, Basic Medicine, Medical College of Georgia; Joseph M. Grant, Basic Surgery, New Jersey Medical School; Martin J. Griglak, Basic Medicine, Georgetown University; Jean A. Grueter, Basic Medicine, Medical College of Wisconsin; Mary E. Hartman, Basic Medicine, University of Miami; and Keven J. Healy, Basic Medicine, University of Iowa.

Also, Erick J. Hill, Basic Surgery, University of Heidelberg; Quince L. Mabry, Basic Surgery, University of Oregon; John K. Mackey, Basic Medicine, University of Missouri, Columbia; Ronald A. Marcus, Basic Medicine, Georgetown University; Thomas E. Marling, Basic Medicine, Medical College of Virginia; Michael J. McAuliffe, Basic Medicine, Georgetown University; Dennis E. McBride, Categorical OB/GYN, University of

Iowa; Stephen A. Meyers, Basic Medicine, Texas College of Osteopathic Medicine; Carolyn F. Mischer, Basic Medicine, University of Texas-Southwestern; Thomas A. Nicolai, Basic Surgery, Medical College of Wisconsin; Judy L. C. Pesterfield, Categorical Psychiatry, Loma Linda University; Balaram Puligandla, Basic Medicine, Case Western Reserve; Gregory J. Rumore, Categorical Pathology, Rutgers Medical School; Christine M. Schindler, Basic Medicine, Texas College of Osteopathic Medicine.

Also, William R. Schindler, Basic Medicine, Texas College of Osteopathic Medicine; Thomas J. Schvehla, Basic Surgery, New Jersey Medical School; Thomas F. Shuey, Jr., Categorical Psychiatry, Creighton University; John D. Slightam, Categorical Psychiatry, Ohio State University; Mark D. Stanley, Basic Medicine, University of Iowa; Jeffrey D. Upton, Basic Surgery, University of Nevada; Ramon A. Urdaneta, Basic Medicine, Tulane University; Gerald A. Van Houdt, Basic Medicine, University of Washington; Joseph M. Wentzell, Basic Surgery, University of Rochester; James K. Wickersham, Basic Surgery, University of Southern California; James C. Wilson, Basic Medicine, Tufts University; David S. Young, Basic Surgery, University of Oklahoma; Andrew P. Zasada, Basic Medicine, St. Louis University, and Edward R. Zech, Basic Surgery, Creighton University.

Dental general practice residents are Steven C. Bryan, University of Florida; Glen E. Doyon, University of Pennsylvania; Scott J. Hadaway, Ohio State; Donald L. Ingalls, University of Alabama; and George D. MacKenzie, Emory University.

Orientation schedule for interns follows:

June 26: Welcomes from Intern Advisory Committee, Rear Admiral Walter M. Loneragan, Commanding Officer, and Captain Louis Pulicchio, Director of Clinical Service, followed by briefings from Personnel Support Detachment, Disbursing Office, Chaplain's Office and Intern Advisory Committee, all in the Clinical Assembly. At 1 p.m., all interns will report to Education and Training, Bldg. 75A, for Basic and Advanced CPR Training for the remainder of the afternoon.

June 27: Photo session beginning at 8 a.m., followed by briefings from Patient Affairs, Medical Library, Radiology, Laboratory, and Pharmacy Services. More Basic and Advanced CPR training that afternoon, followed by a 6 p.m. "Hail and Farewell" party at the Officers' Club.

June 28: Meeting with Intern Advisors, Clinical Assembly. Tour of hospital with individual advisors; meeting with representatives of department of first rotation; briefing by Nursing and Outpatient Services.

June 30: All interns will report to Education and Training, Bldg. 75A, for Practical Skills Laboratory in Basic/Advanced Life Support. After lunch they will return to the same location for a written and practical examination on Basic/Advanced Life Support. (Lowest passing grade is 85 percent plus near-perfect performance on practical skills examination. Remedial education and retesting will be required of interns failing any or all parts of the examination.)

July 1: Internship begins with new physicians reporting to the clinical services previously assigned.

Welcome aboard!

New intern killed in freak accident

Dr. Richard C. Lambert from the University of Virginia, one of the new Class of 1981 interns scheduled to begin training here next week, died in an unusual hiking accident June 8.

He was apparently killed when he slipped crossing a snow field on Mount Timpanogos, 40 miles south of Salt Lake City, and slid into a narrow hole.

Ironically, another man hiking on a separate day, Richard L. Weaver of Orem, Utah, lost his footing in almost the same place. "The marks where they slipped were just a few feet apart," said Utah County Sheriff's Lieutenant Owen Quarnberg.

Bodies of the two men, who were both 26, were recovered June 9 in the same 4 x 6 hole, from a depth of 50 to 60 feet.

Dr. Lambert's hometown was Portland, Ore. One of his uncles is a physician in private practice in Menlo Park.

Editorial ---

Our patients write...

"From May 11-16, my father, Earl Mennet, was an inpatient on 6 North.

"Some of your staff are fine people to have in a caring profession. You're fortunate. The people of whom I am thinking are the following: Lieutenants (junior grade) Artis Smith, Angela Owens; Hospitalmen Tom Preston and Sal Sandoval. These people carried their skills and authority with calm confidence. My family and I thank them for listening, for their acceptance, humor, respect and awareness.

"I supervise a staff of 33 at Kaiser Permanente in San Diego. I'll be better to and with patients and their families due to the valuable lesson of your staff's actions.

**Mary Kaye Mennet Martin, PPT
Supervisor, Physical Medicine**

...

"I want to thank the hospital and Dr. (Captain Gary W.) Zelles, Dr. (Lieutenant Commander Carol M.) Erwin, and Dr. (Lieutenant James R.) Dickey for all they did for me when I was a patient from April 7th through the 20th.

"... I am happy to say that since my surgery, everything works properly.

"Oak Knoll is fortunate in having these three excellent surgeons. I must add, all the nurses and corpsmen in the 6N Section were most helpful as well as cheerful and kind.

Marion J. Geisler, Oakland

...

"I wish to commend Mary L. Turner, Appointment Desk Operator No 3, for the outstanding service that she has given to me.

"For approximately a year, Mary L. Turner has been very considerate in assisting me to arrange appointments with the Chest Clinic and the Eye Clinic so that I only need to make one trip from Sunnyvale to keep the two appointments for my wife and me.

"Since March of this year, due to a cornea transplant for my wife, it has been necessary to make appointments with the Eye Clinic for once a week, and to also make an appointment about once every three months for my wife and me with the Chest Clinic. From the beginning of my problems, I frequently got Operator 3. Because of the outstanding assistance and the feeling of caring and wanting to help that was transmitted by Mary L. Turner, I began to ask for Operator 3. As in the past, I always received the excellent assistance I had come to expect.

"I am certain all of the Appointment Desk Operators are as helpful, but because I have had so many contacts with Mary L. Turner, I wish to especially commend her for a job well done. Since it is necessary to receive medical treatment, Operator No. 3 has made it a more acceptable task."

**W. H. Lewis, SKC, USN-Ret.
Sunnyvale**

...

"May I take this time to thank you and all the personnel in the hospital for the wonderful care I received during the time of my surgery. I would like to thank the blue team of doctors for their wonderful surgical work. They were just great.

"—and, a special thanks to Dr. (Lieutenant Dale A.) Elleson for helping me over the fear I had for surgery. He assured me I would be in good hands, and that I was.

"I would like to thank the wonderful nurses and personnel in Ward 6N. They always seem to be there when you need them. You just can't help but get well with the way they care and nurse you back to health. Everyone was just great.

"You sure have a wonderful team of personnel working with you. I am most grateful to you all."

**Dominic J. Scalzo
Alameda**

...

To the personnel of the NRMHC Branch Clinic at Stockton:

"I should like to express my most sincere gratitude to your people in the dispensary for their efforts in my behalf when I suffered a heart attack while at work on Rough and Ready Island on April 30.

"I am firmly convinced that their combined skills were very instrumental in my being able to write to you today.

"I understand the people concerned were Dr. Babaian, RN Bobby Ascensio, HM1 Jackson, HM3 Dickson and HM3 Sangiunetti.

"I realize that to them it is all in a day's work but when you are on the receiving end of that work, it makes a whale of a difference.

"Words are inadequate to express my feelings for them, but I should like them to know, through your office, of my need to try and tell them how I feel."

Harold D. Zeer

Next issue a day early

The Independence Day issue of *Oak Leaf*, normally scheduled for distribution on July 4, will be published on July 3 because of the holiday.

Deadline for copy for this particular issue will be Wednesday, June 25, but it will help considerably if contributors submit their material even earlier.

Thank you for your cooperation. —Editor.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

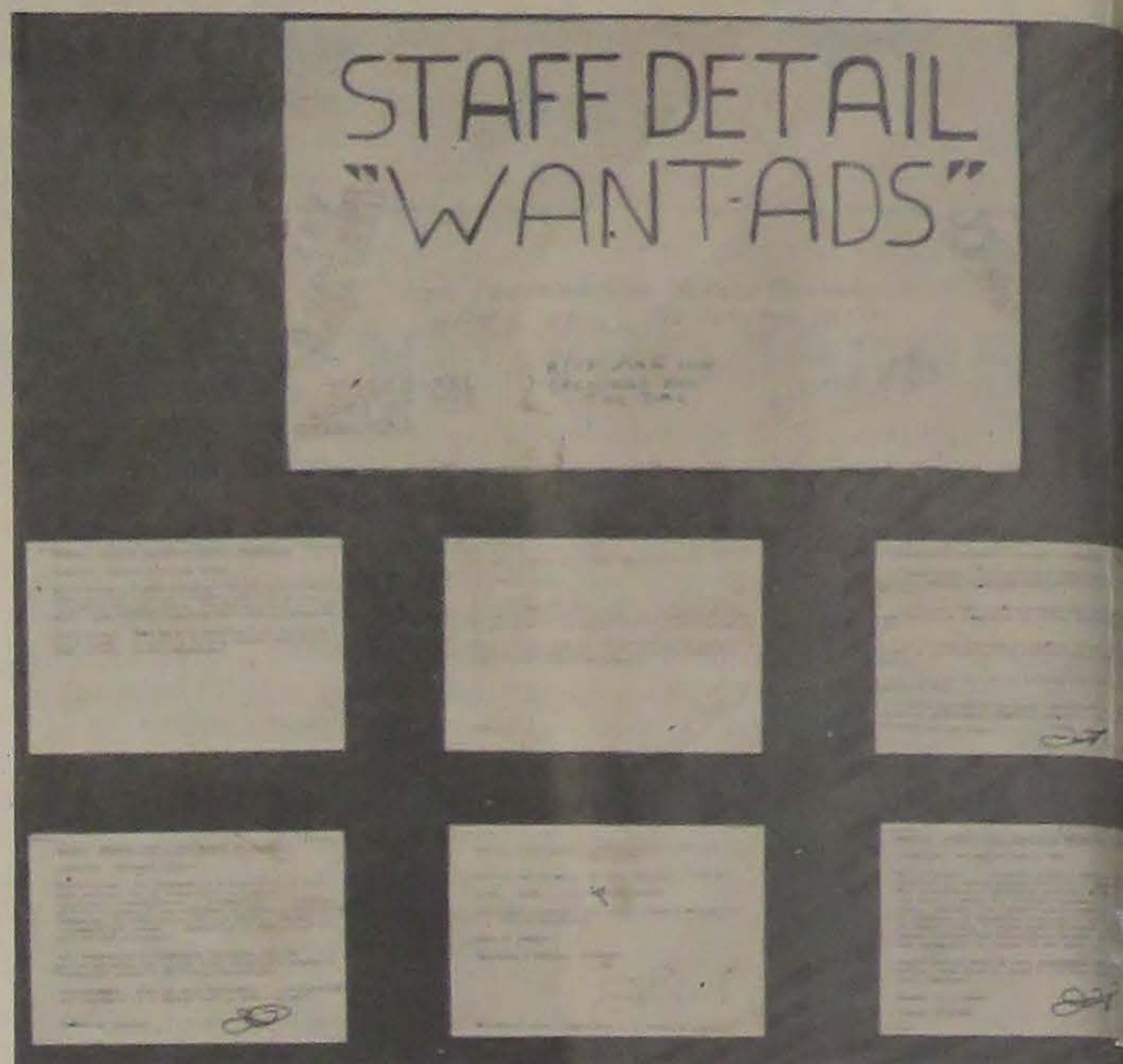
Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627



TIRED OF YOUR PRESENT JOB? —Military Manpower Service is now posting center openings for corpsmen on a bulletin board next to the entrance Operating Management Service on the third deck of the main hospital building. If you find an opening that meets your interests and qualifications, contact Senior Chief Jerry Price.

Oak Leaf to provide new service

Because *Oak Leaf* is published from appropriated funds, commercial advertising from business firms is not permitted in this newspaper.

However, because several readers have indicated an interest in using this paper as an advertising medium to sell their own car, home, etc., we are considering offering a classified column as a service solely to personnel of this command.

Some ground rules must be made to comply with intent of this new service, however. Specifically:

- This service will be available only to Naval Regional Medical Center Oakland personnel (military and civilian) and their dependents. Use by dealers will be strictly prohibited.

- The Department of the Navy, Naval Regional Medical Center Oakland, *Oak Leaf* staff, or contract publisher will not endorse any merchandise, product or service advertised; neither will any responsibility in financial or other negotiations between buyer and seller be assumed by these agencies.

- Normally, classified ads will be limited to sale and rental of real estate, furniture, equipment, automobiles, etc. We will also accept part-time help wanted, car pool, and "swap" items. The editor, however, reserves the right to ban advertising of a questionable nature.

- All ads must be submitted, in duplicate, typed in caps and lower case letters and must contain the full name and telephone number of the advertiser.

- There will be no charge for this service.

- Ads will run only once unless renewed in person at the Public Affairs/Oak Leaf Office, Room 347, Bldg. 500, or by calling 639-2113.

- No new ads will be taken by phone. (Renewals OK)

- Due to space limitations, no art work (sketches, photos, etc.) of any product will be permitted.

- Deadline for submission will be Wednesday on the week before publication.

If you feel a classified column will help you in disposing of unwanted articles, otherwise provide a service, and you are willing to abide by the rules outlined above, we are pleased to provide the medium. At such time that classified ads are no longer received by the Oak Leaf Office, we shall assume that interest has waned and the column will be discontinued as a regular feature.

Oak Leaf is your base paper and suggestions for improvement are always welcome.

Civilian employees also restricted

The primaries are over and campaigns will be gearing up full force from now until election day in November. If you were one of those who stayed away from the polls in the primaries, we hope you will at least make an effort to state your choice in the general.

Oak Leaf has recently published policy cautioning military personnel to refrain from restricted political activity. Perhaps it's time to point out to civilian employees that they, too, face restrictions under the Hatch Act.

A recent message from the Chief of Naval Operations reads, in part:

"In this election year, it is especially important to remind civilian employees of the restrictions the Hatch Act (5 U. S. C. Sections 7324-7327) places on their ability to participate actively in partisan political management and partisan political campaigns. The act's prohibitions are in effect whether the employee is on duty or off duty. Employees are subject to the restriction while on leave."

If you're a civilian employee and confused about what is prohibited and permissible political activity under this act, contact Civilian Personnel Service.

LCDR Masters

Last of 'Oak Knoll trio'

Lieutenant Commander Eleanor Masters, last of the "Oak Knoll Nurse Corps Trio," will retire June 30, it has been announced.



LCDR Eleanor Masters

The other two Navy nurses who completed one of the earliest indoctrination classes at Newport, R. I., with her some 20 years ago were recently retired Lieutenant Commanders Mary Ellen Baker and Janet Scott. Commander Masters has been assigned to Naval Regional Medical

Center Oakland (NRMCO) since late 1978. Other service over the past 20 years has been at San Diego, Calif.; Subic Bay, P. I.; Great Lakes, Ill.; Philadelphia, Pa.; St. Albans, N. Y.; Corpus Christi, Tex., and Okinawa, Japan. At Oak Knoll she has been instructing classes of the Operating Room Technician School.

The commander is a native of Fallbrook, Calif. She attended Memorial Hospital School of Nursing in Phoenix, Ariz., earned a bachelor of science in nursing in 1971, and a master of arts in business administration from Webster College. She also completed a course at the Instructors' Training School in San Diego in 1978.

"I plan to loaf for a couple of months," Miss Masters told this reporter, "then look for work in the private sector."

Commander Masters shares a home in San Ramon with Lieutenant Commander Karen Born, also of the NRMCO staff, and plans to remain in the area. She enjoys hobbies of sewing, hand work, "minor" gardening, and swimming in her new pool in the back yard.

The Nurse Corps officer is the daughter of Mrs. Marie Masters of Glendora in Southern California. Her late father and a brother also served in the Navy.

Blood Bank again accredited by professional association

Naval Regional Medical Center Oakland's Blood Bank, which has been continuously accredited since 1972, has again been awarded a two year accreditation by the American Association of Blood Banks (AABB).

Accreditation follows an intensive on-site inspection by specially trained representatives of the association, and establishes that the level of medical, technical and administrative performance within the facility meets or exceeds the rigorous standards set by the AABB. By successfully meeting those requirements, the Oak Knoll blood bank joins more than 2,000 similar facilities across the United States that have earned the accreditation rating and recognition.

Lieutenant Commander Earl Martin, Blood Bank officer, explained: "The AABB's inspection and accreditation procedures are voluntary. It is not legally necessary for a blood bank or transfusion service to be accredited, but like many others, our facility has sought accreditation because it represents a level of professional and medical expertise that meets and exceeds government regulations. The primary goal of the program is to assist facilities like ours to achieve excellence, and thus provide higher quality blood, blood products and service to patients."

The standards for blood banks and transfusion services were set by a distinguished panel of experts composing the AABB Committee on Standards, and are enforced by the AABB National Committee on Inspection and Accreditation. Not only do these standards set the level of professional proficiency for blood banks and transfusion services in the United States, but they provide the basis of practice for similar facilities around the world.

Hospital Corps Anniversary

I wish to extend my sincerest congratulations to all men and women of the Hospital Corps on their 82nd Anniversary. Although growing old in years, the Hospital Corps has never had a brighter or more challenging future. I believe the future holds unparalleled opportunities for job satisfaction and professional growth for each of you.

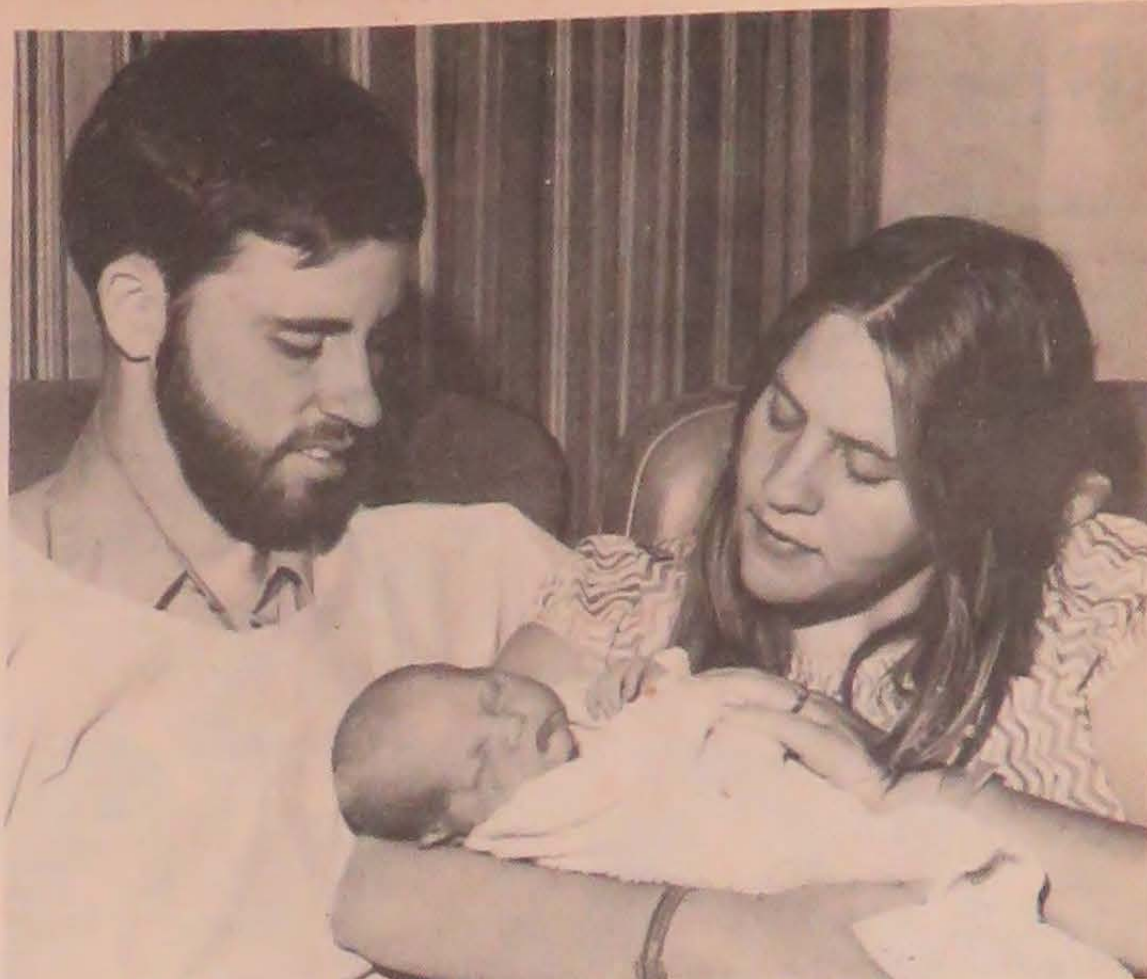
Throughout its history, the outstanding performance of the Hospital Corps has contributed immeasurably to the success of the Navy health care team.

The Hospital Corps has rightfully earned the high esteem and praise of those who depended upon it. You can all stand proud on your record of combat and operational support.

It is certain that you face the challenges of the future with confidence, as the position of pride and honor which we hold did not come easy.

I am confident that you will proceed with foresight comparable to those before you and with dedication for professional, competent leadership, devotion to duty and courage to meet the unpredictable challenges of our ever-changing world.

W. P. Arentzen
Vice Admiral, Medical Corps, U. S. Navy
Surgeon General



BABY MAKES THREE—David L. Hollett, Jr., timed his arrival into the world to coincide with the return of his dad, Gunner's Mate Technician/Seaman David L. Hollett, Sr., from eight months overseas deployment aboard the USS CORAL SEA (CV-43). David Jr. was born at Naval Regional Medical Center Oakland just about the same time the aircraft carrier approached the Golden Gate on June 11. The sailor, his wife Tammy, and their new son soon got together for the hospital visit shown here.

Stork wins race with Coral Sea

There was a big surprise waiting for Gunner's Mate Technician/Seaman David L. Hollett when he came down the brow of the aircraft carrier USS CORAL SEA (CV-43) after it moored at its homeport of Alameda Naval Air Station on June 11 following an eight-month overseas deployment.

He knew his wife Tammy expected a baby about June 23, but was puzzled when a neighbor, Mrs. Roxanne Reoux, instead of his wife waited for him at the dock. Her welcome news, however, was that Mrs. Hollett had given birth to a healthy baby boy at Naval Regional Medical Center Oakland at 7:23 that morning, at the same time his ship approached the Golden Gate.

The returning seaman was reunited with his wife and introduced to his new son at the hospital a couple of hours later.

The baby, who weighed in at 6 lbs. 13½ oz., has been named David L. Hollett, Jr. He is the couple's first child.

"It was really some welcome home!" exclaimed the proud new father.

Navy Relief donations hit new high

More than \$8,000 in allotments and cash contributions had been raised as the Navy Relief Campaign Drive drew to a close here last week.

According to Ensign Michael Biggs, Assistant Campaign Project Officer at Naval Regional Medical Center Oakland, this year's tally more than doubles the \$3462 raised during last year's drive.

This is the first year allotments could be used in making contributions to the Navy Relief Society. The acceptance of allotments, coupled with the outstanding efforts of Oak Knoll's fund raisers, have produced impressive results in this year's campaign, according to officials.

The Navy Relief Society—an independent nonprofit charitable organization—provides financial counseling, interest-free loans and cash gratuities to Navy and Marine Corps personnel during times of need.

UNC master's program to phase-out

The Board of Trustees at the University of Northern Colorado, Greeley, Colo., has recently voted to phase-out the degree programs outside the state.

The Masters in Business Administration program, with an emphasis in Health Care Administration, which is offered at Treasure Island on the weekend seminar format will be phased out by fall, 1981. The last opportunity to enroll in this program will be July 28, 1980. If you are interested in participating in this degree program, your application must be received by that deadline.

For more information, call the San Francisco area coordinator at Treasure Island 397-1079 or Autovon 869-6329, 9 a.m. to 4 p.m., Tuesday through Friday.

Medical terminology class offered

Naval Regional Medical Center Oakland, in conjunction with Vista College, will offer its civilian employees a course in medical terminology this fall.

The course will be held on Thursdays from 2:30 to 5:30 p.m., beginning Sept. 11 and ending Dec. 4. Two hours of each class will be on duty time, the third hour, off-duty.

First consideration in students will be given to employees who use medical terminology in their work; secondly, to those who have shown potential for advancement to positions which require a knowledge of medical terminology.

Those who successfully complete the full academic year course may be considered eligible for positions which require a knowledge of medical terminology for a selective placement factor under merit promotion procedures.

Questions may be referred to Mrs. Sherry Robinson at Ext. 2116.

For your info---



BEST WISHES—Oak Knoll's Brownie Troop 496 recently presented a colorful 12 panel wall-hanging to the Pediatric Service at Naval Regional Medical Center Oakland. Each member of the troop designed and decorated her own panel for the community project. The smiling faces on hand for the presentation are top row (l to r): Ann Mottinger, Troop Leader, Margaret Rabold, Dana Hodge, Marie Rabold and Captain (Doctor) Vernon L. Goller, Chief of Pediatric Service. Bottom row (l to r): Kristin Lawson, Kristen Bloomquist, Jenny Vielbig and Kitty Somerville. Other members of Troop 496, not present for the photo, are Cheryl Martin, Carrie O'Shea, Monica Sullivan, Becky Watkins and Marybeth Rabold, Assistant Troop Leader.

Buy savings bonds for a stake in our country's future

The month-long Navy Savings Bond Campaign will officially end July 1.

Because of the introduction of the new Series EE Bonds this year and the conversion of the Series E Bonds to EE Bonds, strong emphasis is being placed on the importance of each Navy activity in conducting a vigorous and informative campaign.

The conversion from Series E to Series EE for civilians was completed on March 23; the Navy military conversion will be completed June 30. In most cases the amount of the allotment will continue to be the same. In no case will the allotment be greater. In those cases where the allotment has been decreased, individuals who had budgeted a given amount toward savings may wish to adjust their allotments. This can be done by visiting the disbursing office or may be done during the campaign.

Following is a message to all Department of Defense personnel from Secretary of Defense Harold Brown, recently appointed by President Jimmy Carter to be Chairman of the Interagency Savings Bond Committee.

"How can we display our united support for the efforts of our national government in dealing with the serious problems facing us both domestically and internationally? How can we, as individual employees of the federal government, help turn the tide of inflation, help protect our vital national interests abroad, and help end the over-dependence on foreign oil by becoming energy self-sufficient?

"Soon one of your fellow employees, canvassing for the U. S. Savings Bond Program, will be contacting you to explain how you can have a stake in your country's future security and, at the same time, painlessly save money to help build your own financial security.

"Savings Bonds, as a debt management instrument, help finance the programs of our national government in a highly stable and anti-inflationary way. At the base of this program are millions of people like you, with specific goals in mind, saving whatever they can.

"As many of you are aware, the Treasury Department, in an effort to trim administrative costs in the program, has introduced a new series of bonds offering a new set of benefits to buyers. Briefly, a few of the facts about the new

Augmentation board convenes Aug. 19

The next Navy Augmentation Board will convene Aug. 19 to consider Naval Reserve and temporary officers for transfer to the regular Navy.

Navy Medical Department officers who would like to be considered by the board at that time must submit their applications to the Commander, Naval Military Personnel Command (NMPC-

211) prior to July 7.

Applications received after that date will be deferred to the next schedule board in February 1981.

BuPers Manual Article 1020120 provides specific information regarding the augmentation application procedure.

Students visit

More than 30 high school students of a health care class paid a recent visit to Naval Regional Medical Center Oakland and toured several services of the main hospital.

The students were from the San Joaquin Valley town of Modesto and the visit was arranged by a Navy recruiter.

Local arrangements were made by Hospital Corpsman First Class John Lawrence, Career Counselor of Military Manpower Service.

California State Hayward offers three new courses

California State University, Hayward announces three courses for its summer term beginning June 30 at Naval Regional Medical Center Oakland.

Courses are Biology 1990 (Medical Physiology), English 2000 (The Short Story), and Psychology 1500 (Survey of Human Development). The biology course offers four units and will be taught on Tuesdays and Thursdays from 5:30 to 8:30 p.m. over a six-week period. The three-unit English course will be conducted on Mondays from 5:30 to 9 p.m. in an eight-week term, while the psychology course (also three units) will be taught over an eight-week period on Wednesdays, 5:30 to 9 p.m.

Registration for these courses may be made on Thursday, June 26 from 10 a.m. to 1:30 p.m. on the third floor of the main hospital near the Oak Leaf Office or in the classroom on the first day of the course.

Cal-State Hayward will regularly offer three courses for each of the four terms comprising its year-round schedule here. It will announce its offerings for the Fall, Winter and Spring Quarters, 1980-81, later this summer.

HM Class 'C' School quotas

Higher headquarters has advised this command that in view of the current manning levels in some of the Hospital Corps technical specialties, there will be no further input into training programs through Fiscal Year 1981 for Nuclear Medicine Technician, Surface (HM-8407), Clinical Nuclear Medicine Technician (HM-8416), Transplantation Technician (HM-8433), Biomedical Equipment Technician, Basic (HM-8477), or Cytotechnologist Technician (HM-8505).

There are, however, urgent requirements for qualified applicants to fill existing quotas in the following HM "C" Schools: Nuclear Submarine Medicine Technician (HM-8402), Preventive Medicine Technician (HM-8432), Advanced Ocular Technician (HM-8445), and Pharmacy Technician (HM-8482).

Series EE Bonds are: they now earn 6.5 percent interest when held for five years with a 0.5 percent bonus for holding them the full 11 years to maturity, giving a full return of 7 percent per annum for those 11 years; they can be purchased through convenient payroll allotments of as little as \$6.25 per month; they can be purchased for half the face value in denominations of \$50, \$75, \$100, \$200, \$500, \$1,000 or \$5,000; they can easily be replaced if lost or destroyed, they are not subject to local or state income taxes; and, the federal tax can be deferred until the bonds are redeemed.

"The unique tax advantage of Savings Bonds can be used to great benefit when saving for the education of your children or to supplement your retirement income. If you purchase bonds in your child's name, and have the child report accrued interest—the income is sheltered by the child's personal exemption.

"There are two tax-saving ways in which savings bonds can be used to help you enjoy a more comfortable retirement:

Option 1: You can postpone reporting the interest from savings bonds until you collect it. Many individuals benefit from this option at retirement when they are in a lower tax bracket. If you are 65 years of age or older, you will also benefit from double exemption.

Option 2: You may exchange your Series E or EE Bonds for Series HH current income bonds. Keeping your principal intact, you will be able to enjoy semiannual checks from the Treasury Department at the current interest rate of 6.5 percent. All accumulated interest from the Series E or EE Bonds will be deferred from tax liability for at least 10 years or until the HH Bonds are finally cashed. The tax rate will then be based on your lower retirement income.

"Whether to finance a college education, to supplement a retirement income, or just to build a rainy day fund, participants in the Payroll Savings Plan know that savings bonds can help them attain these goals. And of equal importance is the role they play in maintaining the financial foundation of our country."

"So when your canvasser meets with you, listen with an open mind. I am certain you will be convinced that buying bonds is a great way to save." (NES)

Medical Clerk needed at Moffett Clinic

The region is seeking a Medical Clerk (typist), GS-3, for its Moffett Field Branch Clinic.

The person selected will perform typist and file clerk duties, route telephone inquiries and schedule appointments. The medical clerk will also handle patient check-ins and take vital signs.

One year's general office clerical experience and typing skill are required. Substitution of education acquired in the fields of mail and file, business administration, correspondence, English composition and journalism will be considered.

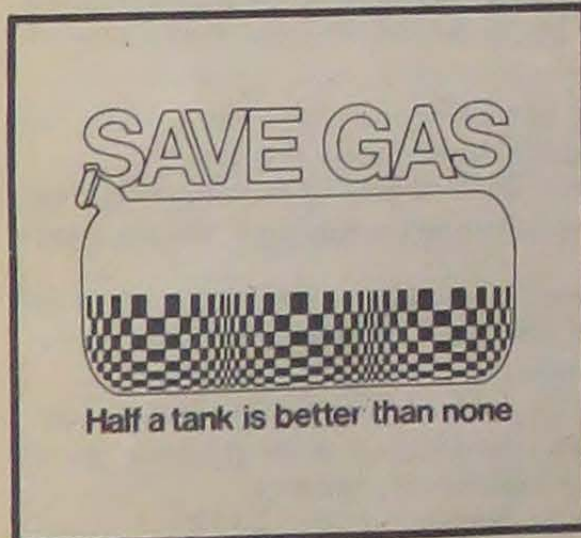
Those interested should apply to Civilian Personnel Service at Oak Knoll. Applications will be considered until the position has been filled.

Engineering technician job opens in PW

Applications will be accepted until July 1 for the position of Engineering Technician, GS-9 in Public Works Service.

The person selected will evaluate inspection reports and cost estimates on facility maintenance and repair, recommend acceptance or rejection of completed work, monitor and evaluate requests for work to be performed by the Public Works Center. He or she will prepare preliminary layouts on new projects, review designs and detail drawings provided by the Public Works Center and recommend changes needed to conform to Naval Regional Medical Center requirements.

Two years of general and four years of specialized experience are required. Questions should be referred to Dorothy Haworth at Ext. 2116, Civilian Personnel Service.



People make news ---

Kudos....

Nurse Corps Spotlight swings to 'center stage'

Navy Commendation Medal

Lieutenant Commander Rose Ann Lobkow, Nurse Corps, for duty at Naval Regional Medical Center, San Diego.

Letters of Commendation

Senior Chief Hospital Corpsman James Cordeiro, formerly of Administrative Services.

Lieutenant Gary L. Rupp, former officer in charge of the Naval Medical Administrative Unit at Monterey.

Lieutenant Raymond L. Moran, new officer in charge, Naval Medical Administrative Unit, Monterey, for previous duty with: First Force Service Support Group, Fleet Marine Force, Camp Pendleton.

Commander Patricia Cope, Nurse Corps.

Chief Hospital Corpsman Howard "Jim" Langford, Jr., formerly of Patient Affairs.

Lieutenant Sandra Kay Hartman, Medical Service Corps, former dietitian.

Letters of Appreciation

Lieutenant Commander Lee Coleman, Medical Corps, formerly of Radiology Service.

Lieutenant Commander Jerry Swint, Medical Corps, formerly of Alameda Branch Clinic.

Chief Hospital Corpsman Herman Letzer, Hospital Corpsman Second Class Nesbee Golden, Sonar Technician Second Class Timothy Goodwill, Seaman Daniel Hicks, Hospital Corpsman Second Class Richard Janushan, Hospital Corpsman Second Class Michael Miller, Hospital Corpsman Third Class Drew McElroy, Hospitalman Lisa Benson, Hospitalman Romeo Anganan, Hospitalman Charles Hall, Seaman Daniel McCormack, Interior Communications Electrician Apprentice James Michener, Machinist's Mate Seaman Dennis Day and Fireman Joseph Crawford, all of the Information Desk, Operating Management Service.

Lieutenant Fred White, Medical Service Corps, formerly of Supply Service.

Internship Certificates

Civilian radiologists technologists Pamela Moutinho, Mary Lock, Dennis Long, Sylvia Flood and Nancy Wong.

Good Conduct Awards

Hospital Corpsman Second Class V. N. Christensen, Pharmacy Service.

Hospital Corpsman Second Class Gary Griffin, Orthopedic Clinic.

Hospital Corpsman Third Class Gregory J. Lightborn, X-ray School.

Hospital Corpsman Second Class Nicholas A. Giunta, Physical Therapy.

Hospital Corpsman Second Class Alex Palun, already an industrial hygienist on the staff, has been selected to become Supervisory Industrial Hygienist at the region's Mare Island Occupational Health Clinic.

He replaces Guido Rosati who has retired.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Our "Nurse in the Spotlight" this issue is, by the very nature of her billet, *always* "center stage" at Naval Regional Medical Center Oakland. She is the center's Director of Nursing Service, Captain Phyllis A. Butler.

Most of us at Oak Knoll, whether we are part of her service or not, already are aware that this attractive lady is a confident, capable, warm and concerned person. The Nurse Corps staff also knows that quality patient care and maximum professional growth are her primary goals.

She feels strongly that it is essential for a Navy nurse to be versatile. "New Nurse Corps officers need variety in order to establish a professional foundation and gain experience," she said, explaining further, however, that (after general experience) she believes specialization leads to better patient care.

"Navy nursing is what you make it," she emphasized. "Every duty station is different. The Navy can only do so much to provide stimulation and growth."

In discussing her own nearly 23 years of distinguished service, Captain Butler recalled some of the highlights.

At 4 p.m. on a Friday in 1968, for example, while she was an instructor at Naval Schools Command, Newport, R.I., she received a call from Washington, D.C., asking her to accept orders to Danang, Vietnam. Seventy-two hours later she was on her way.

Naval Hospital Danang had a bed capacity of 650 patients, with more than 2,000 admissions a month, a majority medivaced to the states as soon as they were stabilized for transport. Miss Butler, then a lieutenant, worked in the Intensive Care Unit (ICU), where almost every patient was in multiple trauma with amputations and major body wounds. She says the only times she remembers seeing a single trauma patient in the ICU were a couple of patients with shrapnel penetrations of the heart. In looking back at that 12-month Vietnam duty, the captain said "Professionally, (it was) a tremendous year, but it took a

Eight advanced

Eight enlisted personnel assigned to the center have been advanced in rate over this reporting period.

Advanced to Dental Technician (Prosthetics) First Class is Steven J. Andersen of Dental Service.

Antonio F. Alvarez, Patient Affairs, and Stephen L. Parcel, Radiology, are both advanced to Hospital Corpsman First Class.

New Hospital Corpsmen Second Class are Daniel J. Gage, Cardiology; Nicholas A. Giunta, Physical Therapy; Hal L. Grossgold, Eye Clinic; Dennis J. Wilkinson, Laboratory Service, and Michael A. Wogan, Nuclear Medicine.

Moran vs. Rupp

Lieutenant Raymond L. Moran has replaced Lieutenant Gary L. Rupp as officer in charge of the region's Naval Medical Administrative Unit at Monterey.

Lieutenant Moran comes to his new billet from the First Force Service Support Group, Fleet Marine Force, Camp Pendleton, Calif. Lieutenant Rupp has become a student at Naval Postgraduate School, Monterey.

Both are Medical Service Corps officers.



CAPT. P. A. Butler

huge emotional toll." Medical personnel saw so much destruction of body and soul that they had to force themselves to do their job without becoming emotionally involved. Only after they returned to the states did the reality catch up with them, she related.

In 1973, Captain Butler (then a commander) received another call from Washington, and again on short notice, received orders. A week later she was on her way to become Chief Nurse aboard the newly recommissioned USS SANCTUARY, with the initial cruise involving a pilot program for women at sea assigned to the ship's crew as well as to its medical department. After refresher training, the select crew of men and women embarked on a goodwill tour to Buenaventura, Columbia, and Port-au-Prince, Haiti, while enroute to their new homeport in Mayport, Fla.

"We had a tremendous crew," recounts the captain. Knowing ahead of the poverty areas they were to visit, the crew held fund raisers in order to buy supplies and equipment for the needy. While on tour, Navy men and women saw hospital beds without sheets. Upon request, they saved all their disposables for reuse by their hosts, in addition to treating many children and performing surgery which, without their help, couldn't otherwise be scheduled. Although originally intended for duty in Greece as a depen-

dent support ship, the SANCTUARY's orders were cancelled due to political upheaval in that country and the hospital ship was decommissioned in 1975.

In her next assignment at Bethesda, Captain Butler served as an assistant to Rear Admiral Frances T. Shea, current Director of the Navy Nurse Corps. "We have an excellent director (in Admiral Shea)," Captain Butler said. "She is innovative, with good ideas, and really cares about the Navy Nurse Corps. She is looking at us for ideas, too."

Captain Butler arrived at Oakland for her second tour of duty here last September (she was stationed here previously in 1957-59). Other duty, in addition to that previously mentioned, has been in Guam, Yokosuka, Great Lakes, Portsmouth, Pensacola, and at the Health Sciences Education and Training Command.

She received her R.N. from the Methodist Hospital in Indianapolis, Ind., a bachelor of science in nursing from University of Colorado, and a master of science in nursing from Indiana University. Last year she completed an advanced health policy and planning course at Bethesda, Md.

The senior nurse holds the Navy Commendation with Combat V; the Combat Action Ribbon; Navy Unit Commendation; National Defense; Vietnam Service; Vietnam Campaign; Vietnam Meritorious Unit Citation (Gallantry Cross), and the Vietnam Meritorious Unit (Civil Action).

Originally from Columbus, Ind., where her mother still lives, Captain Butler now makes her home in San Leandro. She joined the Navy "on a whim," after she, her cousin and two other nursing school classmates paid a visit to the recruiter. Three of the four eventually joined the Navy Nurse Corps and took indoctrination together.

Speaking of her present assignment, Captain Butler said, "It's a joy to work at Oakland. As for retirement, I plan to stay in the Navy until I don't enjoy going to work anymore." Her personal goal is "to grow professionally—to be and do the best I can."

-----Comings and Goings-----

"Fair winds and following seas" to the following personnel who have departed this command:

Senior Chief Hospital Corpsman James Cordeiro, Administrative Services, to Hawaii.

Lieutenant Cheryl D. Bercovich, Nurse Corps, released from active duty.

Lieutenant Fred White, Medical Service Corps, Supply Service, to Bio-Science Laboratory, Naval Supply Center.

Chief Hospital Corpsman E. Andres, Mare Island Branch Clinic, transferred to Fleet Reserve.

Commander Patricia Cope, Nurse Corps, to Adak, Alaska.

Lieutenant Sandra Kay Hartman, Medical Service Corps, Food Service, released from active duty.

Lieutenant (junior grade) William Nowling, Medical Service Corps, Pharmacy Service to Treasure Island.

Lieutenant Commander Lee Coleman, Medical Corps, Radiology Service, released from active duty.

Lieutenant Commander Jerry Swint, Medical Corps, Alameda Branch Clinic, released from active duty.

Chief Hospital Corpsman Howard "Jim" Langford, Jr., Patient Affairs, transferred to Fleet Reserve.

"Welcome aboard" to newly-arrived:

Ensign Michael G. Alt, Pediatrics, Clinical Clerk.

Commander Donald Bell, Medical Corps, ACDUTRA.

Ensign Jean Butcher, Clinical Clerk.

Ensign James Leoni, Clinical Clerk.

Ensign Peter Leoni, Clinical Clerk.

Commander Melius Bollesen, Chaplain Corps, ACDUTRA.

Ensign Bryan Hawkins, Clinical Clerk.

Ensign Timothy Urell, Clinical Clerk.

Palun promoted

Alex Palun, already an industrial hygienist on the staff, has been selected to become Supervisory Industrial Hygienist at the region's Mare Island Occupational Health Clinic.

He replaces Guido Rosati who has retired.

Mr. Palun is a former Navy Medical Service Corps hygiene officer who has been employed by the region since 1967.

Nurses promoted

Eight Navy Nurse Corps officers assigned here have recently been promoted to the rank of lieutenant.

They are Michael T. Cook, Steven Louis, Patricia A. Montgomery, Patricia A. Westgate, Sandra A. Youmatz, Susan B. Evans, Mary F. Allan-Martinez and Evelyn P. Deane.

Auxiliary selects 'Woman of Year;' awards scholarships

The Naval Regional Medical Center Officers' Auxiliary has picked Mrs. Carol Laflin, wife of Lieutenant Commander Michael J. Laflin of Anesthesiology, as its "Woman of the Year."

Mrs. Laflin was presented a plaque for this honor during a coffee held last week at the center's Officers' Club and earned the award for her work in organizing auxiliary programs throughout the year.



SELECTEES—Mrs. Carol Laflin (left) has been selected "Woman of the Year" for her work in organizing programs throughout the year for the Naval Regional Medical Center Officers' Auxiliary. Last year's selectee for the same honor was Mrs. Jane Meshier, pictured at right.



SCHOLARSHIP WINNERS—Maria Catapusan (left) and Edward Saxer, Jr. discuss their college plans with Naval Regional Medical Center Officers' Auxiliary outgoing president Patti Davis. The two outstanding students were selected to receive auxiliary scholarship help. Maria plans to major in pre-med or nursing and Edward hopes to become a Navy surgeon.

FY81 active duty officer boards

The following selection boards for active duty officers have been announced. Officers concerned should note these dates and ensure submission of latest fitness reports and any other communications considered important.

Line Captain (men, women)	July 14
Staff Captain (men, women)	Aug. 4
Chief Warrant Officer (CWO) (Permanent)	July 14
Line Commander (men)	Sept. 9
Line Commander (women)	Oct. 6
Line Lieutenant Commander (men, women)	Oct. 15
Staff Lieutenant Commander/Commander (men, women)	Oct. 27
Line Lieutenant (men, women)	Nov. 12
Staff Lieutenant (men, women)	Dec. 1

The Fiscal 1982 (Temporary) CWO (W-3 and W-4) selection board convenes March 9, 1981.

Scholarship awards

Other special guests of honor at the social were Edward Saxer, Jr., and Maria Catapusan, recipients of the auxiliary's scholarship awards.

Edward, the son of Chief Hospital Corpsman and Mrs. Edward Saxer, Sr. of Camp Pendleton, received a \$1,000 scholarship. A recent graduate of Encinal High School in Alameda, he will begin studies this fall at Stanford and hopes to become a Navy surgeon.

Maria, 18, is the daughter of Mrs. Esperanza Catapusan and the late Navy Storekeeper Second Class Felix Catapusan. A recent student at Oakland High School, she will use her \$500 to help with tuition at University of California, Berkeley. She plans to major in nursing or pre-med.

Others cited

Certificates were awarded to those members soon to depart with their husbands to new duty stations and Mr.

Mike Mocklin, club manager, granted a lifetime membership auxiliary for his service to the organization.

Other guests at the coffee were civilian employees of Oak Knoll who were presented with houseplant appreciation of their support were Mrs. Mary Takai, Secretary, Director of Clinical Services; Mrs. Clemens, Coordinator of Graduate Training; Mrs. Nancy Campulli, Duplicating Equipment Operator; Operating Management, and Mrs. Beck, editor of the Oak Leaf.

Outgoing auxiliary president Patti Davis turned over the gavel to Mrs. Nancy Harris, who will replace as head of the club for the coming year. Davis received a plaque with gavel signifying her service, and Harris announced other new officers for the 1980-81 term.

Speed-up in retirement claims

A backlog of federal employee retirement claims has prompted the Office of Personnel Management (OPM) to take special actions to solve the problem.

A variety of reasons have caused the backlog, chief among them being a surge in retirement before the six percent cost-of-living increase in annuities in March.

OPM has detailed 30 former claims examiners to claims processing and hired 150 new ones who have been, or soon will be, trained and ready to pitch in.

In addition, agencies have been asked to speed-up the initial process of submitting complete and accurate employee records, since OPM receives a case only after an individual has retired and the employing agency has closed out his records.

OPM's first action after receiving a retirement claim is to place that individual on a special payment status. This stage, which usually takes 15 days or less, provides the retiree with 80 to 85 percent of the eventual annuity until the final settlement of the claim.

With the increase in the number of claims adjudicators, the special payment program, and help from each agency, the problem that retired federal employees have been experiencing should lessen considerably. (OPM)

Officer assignment, placement shifted from BuMed to PMC

Medical Department officer assignment and placement responsibility was transferred from BuMed to the Naval Military Personnel Command on May 3, 1981.

Below is a listing of organizational codes, functional responsibility and authorized numbers of personnel assigned. Under this organizational concept, each command has a placement officer who is responsible for manning.

Name	Code	Responsibility	Authorized
Capt. J.C. Thompson, MSC	NMPC 4415	Branch Head	225-124
Cdr. J.R. Turner, MSC	NMPC 4415B	Placement	225-583
LCdr. J.P. Wilkinson, MSC	NMPC 4415C	Placement	225-583
Lt. T.D. Nunn, MSC	NMPC 4415D	Placement	225-583
LCdr. J.R. Thompson, MSC	NMPC 4415F	Placement	225-583
Capt. J.T. Stevens, DC	NMPC 4415G	DC Assignment	225-910
Capt. McCoy, DC	NMPC 4415H	DC Assignment	225-910
LCdr. R.H. Brant, MSC	NMPC 4415I	MSC Assignment	225-900
Cdr. D.E. Schubert, MSC	NMPC 4415J	MSC Assignment	225-900
Capt. A.M. Steinocher, NC	NMPC 4415K	NC Assignment	225-700
LCdr. M.M. Feris, NC	NMPC 4415L	NC Assignment	225-700
Capt. J.H. Black, NC	NMPC 4415M	MC Assignment	225-796
LCdr. W.J. Matz, NC	NMPC 4415N	MC Assignment	225-796
Lt. W.L. Mitchell, MSC	NMPC 4415O	MC Assignment	225-796

Oak Knoll nurse processing Cubans

Lieutenant (junior grade) Christina Castellanos, a nurse on the Cardiac Intensive Care Unit here, is on temporary duty at Key West, Fla. as a part of the team providing support in the processing of Cuban refugees.

Refugees arriving there are initially being processed at the Trumbo Point Annex of Naval Air Station Key West. Security and medical screening is taking place in a former seaplane hangar.

More than 40 Navy medical personnel are on the scene. The doctors,

nurses, Medical Service Corps officers and corpsmen were assembled in 48 hours from Navy Medical Command nationwide. Most are bi-lingual and many are specialists with skills appropriate for processing large numbers of refugees.

One of the most important tasks facing the medical personnel is identifying medical problems for treatment at future relocation centers. The Navy medical people are also treating immediate health care problems.

With the family ---

Summer youth program about to kick off on base

Last year Naval Regional Medical Center Oakland sponsored a summer youth program which proved to be a great success.

There will be a similar program this summer if the response in parent participation equals that of last year.

Some of the activities were bowling, swimming, nature walks, library visits, sports, music and crafts, and this year's program can be as varied as the parents' talents or interests.

Tentative plans are for a three-to-five-day program from 1 to 4 p.m., beginning July 1 and ending Aug. 29. A charge of \$10 per child or \$15 per family will be charged at time of registration. To participate the child must be five years old by July 1.

This is a parent participation program. Its success will depend on our willingness to put in a few hours each week to give our kids a fun summer. Questions may be referred to Mrs. Bobbie Martin at 636-0562. Registration form is printed below for your convenience.

REGISTRATION

Child's Name: _____ Birthdate: _____

Address: _____ Phone: _____ Work No.: _____

Mother's Name: _____ Emergency: _____

Family's Name: _____ No. of kids in family: _____

The following portion must be completed. Each of us plan to vacation this summer, but if

we plot the time we will be covered)

_____ will volunteer for _____

(Mother or Father) (craft)

Day of the week: _____ Expected vacation time: _____

(M, Tu, W, Th, F)

Classifieds

Editor's Note: For rules governing this feature, see Page 2.)

For Sale

979 Kenmore Refrigerator/Freezer, 5.1 cu. ft., frostless, brown in color, slightly dented door, \$225. Call 781-858 after 6 p.m. (HM1 Kurt M. Backoven)

* * *

oving—must sell 1973 Mazda station wagon RX-3, automatic with low mileage. \$1500. Call Gregg at Ext. 113.

Money bonus with admission

How would you like \$2 in free Fun money to spend at Marriott's Great America?

With every purchase of discounted \$8 Great America admission tickets (cream or pink color only) purchased from Special Services, Bldg. 3, you receive a certificate good for \$2 in free fun money (scrip) for each ticket presented at any Great America ticket window, now through July 31.

You save up to \$4.95 per person (2 plus your ticket savings) on admission and from the fun money.

For tickets and more information, stop by Room 216, upstairs in the Navy Exchange building and see Sally Chung.



Fish are biting

The East Bay Regional Park District reports fishing generally good in its nearby lakes.

At Lake Chabot in Castro Valley fish have been biting quite well this week. The hottest action has been for trout, especially for those fishermen trolling offshore with nightcrawlers. A few bass are still being taken with purple or black rubber worms casted from shore and retrieved slowly. Although few fishermen have been trying for catfish, two fishermen caught nine catfish near the dam this week while soaking nightcrawlers on the bottom.

Trout and bass fishing also have been pretty good at Del Valle (Livermore). One fisherman caught two bass and three trout for a morning's effort. Several fishermen have taken five trout limits regularly using eggs with cheese or marshmallows for bait. Best baits for bass have been spinner baits, rubber worms and nightcrawlers. Another whopper 30 lb. striped bass was taken recently near the dam.

At Cull Canyon (Castro Valley), catfishing continues to be a worthwhile endeavor at this reservoir. This species is hitting well on chicken livers, clams and nightcrawlers. Some large mouth bass are also providing good sport with one report of a 10 lb. specimen (weight unconfirmed) taken on a rubber worm.

Fishing for trout at Shadow Cliffs near Pleasanton has been "spotty" with avid fishermen confessing that they are getting the rascals but have to work hard. (Extremely good water clarity at this reservoir makes it more difficult to fool an experienced trout. Best bet is to use very light tackle, 4 lb.-6 lb. test monofilament, a small hook, and disturb the water as little possible. Eggs and worms are good baits.

A fishing access ticket (\$7.50 annual or \$1 per day) is required by law in all the lakes mentioned above except Del Valle.



PACK FLAG—Oak Knoll's Boy Scout Pack 428 now has its own distinctive ensign, thanks to four mothers who put together this flag from a surplus aircraft drag chute. The oak leaf design in the center symbolizes both the Medical Department and the oak trees on base that gave Naval Regional Medical Center Oakland's site the original name of Oak Knoll. Displaying the new flag, clockwise, are: Scout Michael Wiley, Mrs. Barbara Vines, Mrs. Eileen Wiley (who was in charge of the project), Mrs. Susan Hibbs, and her son, Scout Richard Hibbs. The fourth wife who assisted in the flag's design and construction was Mrs. Beverly O'Shea who recently left Oakland for Pt. Hueneme.

Hill scraps FHA program

Unless you read the fine print, you'd never know that another military benefit went down the drain with the passage of the FY 80 Defense Appropriations Act.

This one was the Defense-paid mortgage insurance premiums on the FHA's Section 222 home loans.

Since 1954 the Defense Department has been picking up the tab for mortgage insurance under the Section 222 home loan program for servicemembers.

The premiums amounted to 1/2 of one percent of the mortgage, with a limit of \$300 annually.

In its heyday more than 50,000 servicemembers took advantage of the FHA in-service home loans with the Department of Defense picking up the mortgage insurance premiums.

When Congress ordered the program scrapped because the Veterans Administration home loan program was available, the members did agree that Defense would continue to pay the premiums on mortgages in effect until the mortgage holders leave active duty.



NEW VOLUNTEER—Brian Adams, has offered to deliver the OAK LEAF to residents in the enlisted quarters at Oak Knoll, replacing the O'Shea children who have departed from the base. A student at Howard Elementary School, he'll enter the second grade this fall. Our deepest appreciation is extended to the lad, who receives no recompense for his help. Brian's father, Hospital Corpsman First Class Joseph Adams, works in the Catherization Lab at Naval Regional Medical Center Oakland.

Castles come to Crown tomorrow

Sand is the stuff dreams will be made of tomorrow when the young of heart, no matter what their age, gather at Alameda's Robert Crown Memorial State Beach for the 14th annual Sand Castle and Sand Sculpture Contest.

Anyone may enter simply by signing in at 9 a.m. at the East Bay Regional Park District bathhouse complex near the intersection of 8th and Westline Drive, Alameda. Judging is at noon, before tides sweep away the art.

The only strict rule is that castles and sculptures must be made of sand only. Wood, rocks and shells found on the beach that day may be used as "appointments."

Trophies and ribbons to be furnished by Mervyn's Stores will be awarded in two divisions, the castles and the sculptures, and three categories in each division: family groups; individual or groups 11 years or older, and individuals or groups 10 years and under.

Off duty ---

Skeet, trap team wins, places

The Eleventh Naval District International Skeet and Trap Championships were held at Alameda Naval Air Station over the Memorial Day weekend.

Naval Regional Medical Center Oakland's skeet team, under adverse wind conditions, took first out of seven commands entered in the international style skeet event.

The trap competition was held the next day, and the NRMCO trap team was outgunned to place second in that event.

The five skeet and trap team members were each required to fire 200 rounds in the two-day match.

Altogether, the NRMCO team walked away with 10 individual trophies and two command trophies. The latter were presented to Rear Admiral Walter M. Lonergan, Commanding Officer, on June 16.

Team shooters were Dr. Ron House (Dental), Dr. Bill Schlichtemeier (Ophthalmology), Dr. Bruce Pope (Dental), Dr. Don Primley (Dental), and Dr. Steve Giebner, one of next year's interns.



SHARPSHOOTERS—Oak Knoll's Skeet and Trap Team walked off with individual trophies and two command trophies in a recent district match at Alameda Naval Air Station. Team members are (l to r): Doctors Bill Schlichtemeier, Don Primley, Ron House, Bruce Pope and Steve Giebner.

-- You can earn \$\$\$ for USO

Bullock's Department Store in San Francisco has agreed to pay the San Francisco USO \$12.40 each for the services of any persons who will volunteer four hours work on their big storewide inventory on Tuesday, June 24.

As the store needs 300 people for this tremendous one night job (6 to 10 p.m.), a good turnout of personnel could mean a bundle to fund-short USO.

Volunteers will meet at the USO Center, 530 Taylor Street, at 5 p.m. on June 24, and proceed as a group to Bullock's in Stonestown. Junior volunteers will be on hand to escort the group, and to join in the job—and the fun.

Ten people could make \$124 for the USO. Call 885-0234 to sign up.

Tennis tournaments scheduled at T.I.

Four players will be chosen to represent Naval Regional Medical Center Oakland (NRMCO) at the Eleventh Naval District's Men's Open Tennis Tournament at Treasure Island, July 21-25.

According to Mr. Ron Brown, Assistant Director of Special Services, the four will be chosen from top contenders—under 35 years old—competing in Oak Knoll's Tennis Tournament last week.

The Eleventh Naval District has three additional tournaments scheduled at Treasure Island. The Women's Championships will be held July 14-16, and the Junior Veteran's Championship—for men 35-44—and Senior's Championship—for men 44 and over—scheduled for July 21-25.

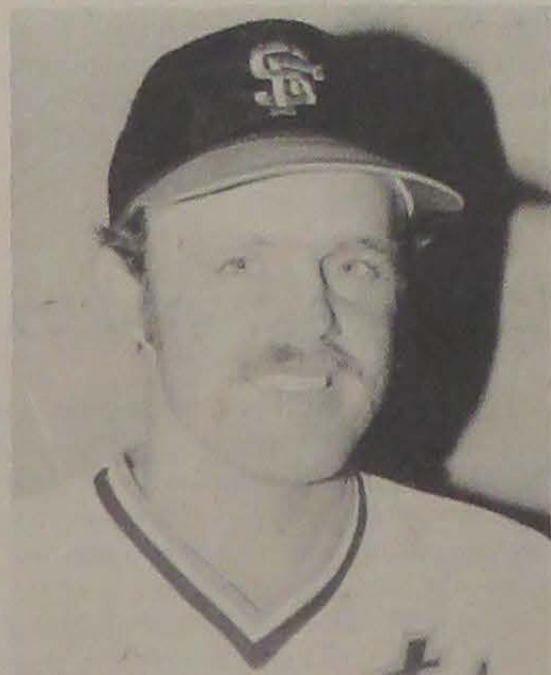
Anyone interested in representing NRMCO in these categories should contact Ron Brown at Ext. 2350.

★ ★ ★ MOVIES ★ ★ ★

Friday, June 20, 6 p.m.—DISCO FEVER—Fabian, Casey Kasem—Drama/R
Saturday, June 21, 2 p.m.—TREASURE OF MATAKUMBE—Vic Morrow, Peter Ustinov—Adventure/G
Saturday, June 21, 3:50 p.m.—LEO AND LOREE—Donny Most, Linda Purl—Romantic Comedy/G
Sunday, June 22, 6 p.m.—IN PRAISE OF OLDER WOMEN—Tom Berenger, Karen Black—Drama/R (NOT recommended for children)
Monday, June 23, 6 p.m.—PARADISE ALLEY—Sylvester Stallone, Anne Archer—Drama/PG
Tuesday, June 24, 6 p.m.—CHAPTER TWO—James Caan, Marsha Mason—Comedy/Drama/PG
Wednesday, June 25, 6 p.m.—ROLLER BOOGIE—Linda Blair, Jim Bray—Comedy/Drama/PG
Thursday, June 26, 6 p.m.—ZULU DAWN—Burt Lancaster, Peter O'Toole—War Drama/PG
Friday, June 27, 6 p.m.—MOMENT BY MOMENT—John Travolta, Lily Tomlin—Romantic Drama/R
Saturday, June 28, 2 p.m.—SUMMERDOG—James Congdon, Elizabeth Eisman—Adventure/Drama/G
Saturday, June 28, 3:37 p.m.—RETURN FROM WITCH MOUNTAIN—Bette Davis, Christopher Lee—Comedy/G
Sunday, June 29, 6 p.m.—HEART BEAT—Nick Nolte, Sissy Spacek—Drama/R
Monday, June 30, 6 p.m.—DEATH ON THE NILE—Peter Ustinov, Bette Davis—Mystery/PG
Tuesday, July 1, 6 p.m.—THE ROSE—Bette Midler, Alan Bates—Drama/R
Wednesday, July 2, 6 p.m.—THE FOG—Janet Leigh, Adrienne Barbeau, Hal Holbrook—Spooky/R

Annual Navy Day Game at Candlestick

GIANTS CATCHER—Milt May and many other San Francisco Giants stars are expected to play in the annual Navy Day game at Candlestick Park on Sunday against Philadelphia. The game will begin at 1:05 p.m. The first 20,000 youngsters aged 14 and under will receive a Giants T-shirt and the San Francisco Navy Band will provide pre-game entertainment. If you hurry, you may be able to get tickets today from Sally in Special Services at a special discount price of \$4 for reserved seats, \$5 for box seats.



MSC slams chiefs 12-8 in softball

The Tenth Annual Softball Contest between Oak Knoll's Medical Service Corps (MSC) officers and Chief Petty Officers was played here June 11. The game, held each year to raise money for the Navy Relief Society, this year more than \$80 was collected.

MSC retained the "Admiral's Perpetual Trophy" for another year with 12 runs over the chiefs' eight. MSC won last year's contest 10-7.

Rear Admiral Walter M. Lonergan, Commanding Officer of Naval Regional Medical Center Oakland, suited up for the game—as an honorary member of the chiefs' team—but didn't play.

MSC took the lead in the first inning scoring five runs. The chiefs' bats furiously, tying MSC twice but trailed by four runs at the end of the game.

A spokesman for the chiefs' team admitted that 11 of the runs made by MSC were scored on errors made by the chiefs.

A notable highlight of the game occurred when Jim Cordeiro hit a home run off the chiefs which was called a double by the umpire. Team Manager Chief Signalman "Duke" Tilton lay down on the infield in protest—prompting the umpire to reverse his decision.

Pitching for the chiefs was Mickey Marumoto with catcher Herb Messier. Star player for the team was Rose Percival on second base.

Pitching for MSC was Bruce Panas with catcher Michael Biggs. Star player was Dave Roberts, short stop.

Refreshments were served, money was raised and a good time was had by all.

MSC trounces Morgue, 10-1

The Naval Regional Medical Center Oakland Slowpitch Softball League had its seasonal highlight June 2 as the battle of the undefeated MSCs and the Morgue took place. The MSC team, defending league champions, assumed an early lead and consistently increased the margin to a final score of 10-1. Timely hitting and a stellar defense were keys to the victory over a solid Morgue squad.

League standings as of June 5 are:

Team	Wins	Losses
MSC	6	0
Morgue	6	1
Ortho	4	2
ENT	5	3
CPOs	4	4
Peds/OB	3	3
Gen. Med.	3	4
E. R.	2	4
Med. Repair	2	4
O. R.	2	6
Lab	0	6

Tickets available here for coming attractions

If you've read advertisements of coming attractions in the Bay Area, thought of attending, but couldn't get around to buying advance tickets at community outlets, you will be interested to learn that Special Services now offers that service on base.

Among the local concerts they are handling are events scheduled at the Hearst Greek Theatre, Concord Pavilion, Circle Star Theatre, Oakland Coliseum, Santa Cruz Civic Auditorium—even the Giants Stadium in New Jersey for the Budweiser Summer Fest at the end of this month.

All orders for tickets must be placed in person and paid for at the time

ordered. Orders are picked up one week by Oak Knoll Special Services personnel at the Alameda Naval Air Station on Friday mornings, thereafter anyone interested in purchasing a ticket must have his or her order in by 3:30 p.m. on the preceding Thursday.

Although too numerous to publish here, some of the coming attractions this summer include performances by Alice Cooper, Barry Manilow, Cosby, Count Basie, Glenn Yarbrough, Jose Feliciano, etc.

All ticket orders are for the military personnel of this base, their dependents, or retired military only.

THE



OAK LEAF

Naval Regional Medical Center, Oakland

Thursday, July 3, 1980

Vol. 42, No. 14



FOREIGN VISITORS—Commander Matsuzaki, a Japanese doctor from the JDS KATORI (TV-3501) and two members of his staff visited Naval Regional Medical Center Oakland on June 19. In the photo at left they are conferring with (clockwise) Captain Louis U. Pulicicchio, Director of Clinical Services, Commander Frank D. Fisher, Director of Administrative Services, and Lieute-

25 new technicians

PMT Class 89 to graduate here today

Twenty-five students of Class 89, Preventive Medicine Technician School, will complete six months' specialized training this morning, with graduation ceremonies scheduled to begin at 9 a.m. in the Clinical Assembly.

Valedictorian of the class is Hospital Corpsman Second Class (HM2) Richard Wolf of Atlanta, Ga., whose next assignment will be at the Moffett Field Branch Clinic. In his two years of Navy service, Petty Officer Wolf has been valedictorian of two other courses—Hospital Corps "A" School at Great Lakes, Ill., and Field Medical Service School, Camp Lejeune, N. C. Other assignments have been at Naval Regional Medical Center (NRMCO), Portsmouth, Va., and in Atlanta where he was on recruiting duty. The class honor student is interested in bacteriology and plans to pursue a medical degree.

Class spokesman will be HM1 Harvey B. Leach whose next billet will be aboard the USS CONSTELLATION (CV-64).

Other graduates and their new duty stations are: HM2 Mark A. Arndorfer, USS KITTY HAWK (AS-63); HM1 Rodolfo V. Banaag, NRMCO Oakland; HM2 Victor P.

NEW CIVILIAN—Lieutenant Douglas

Glasscock, Staff Judge Advocate at Naval Regional Medical Center Oakland for the past two years, was released from active duty last week to become Medical-Legal Counsel for the University of Texas Medical School System in his hometown of Austin. He received his bachelor and master of arts degree from the University of Texas, a doctor of jurisprudence from St. Mary's, and a master in public health from the University of California, Berkeley. He is also a graduate of the Naval Justice School and was assigned to the Navy Legal Service Office at Treasure Island before his transfer to Oak Knoll. Mr. Glasscock's replacement is not expected to report until late next month. In the meantime, representatives of Treasure Island's Legal Service Office will provide service to NRMCO.



Alameda invites public to Fourth of July fete

Naval Air Station Alameda will open its gates to the general public at 10 a.m. tomorrow for a Fourth of July celebration featuring fly-bys, acrobatics, races and more.

There will be a 21-gun salute honoring our nation's birthday, along with a "Welcome to NAS Alameda" banner fly-by dragged by a Stearman PT-13.

Later there will be a launching and a fly-by of F-4, F-11, A-6, A-7, A-4 and F-8 military aircraft. Other flight demonstrations scheduled include a Christian Eagle acrobatic routine and an F8F Bearcat, a Pitts Special, a P-51 Mustang and a Stearman fly-by, complete with their own brand of acrobatics.

For helicopter enthusiasts, there will be an H-3 anti-submarine "dipping" demonstration and an HH-46A parachute drop/search and rescue pick-up.

One of the day's special events will be a simulated air race by three P-51s, an F4U, an F8F and a Sea Fury.

Add all this to an open house of the USS CORAL SEA, static displays, a fun fair and lots of good things to eat and you have the makings of a Fourth of July celebration not to be forgotten. (From *The Carrier*)



nant Commander John E. Kraft, Patient Affairs Officer. Later (in photo at right), Dr. Pulicicchio escorted them on a general tour of the hospital. The Japanese Defense Service medics were visiting San Francisco where their ship and the JDS AKIGUMO (DD-120) were moored. They left later that week for Panama and are expected in San Diego in September.

Bosteels, 3rd FSSG, Okinawa, Japan; HM2 Ruben E. Burch, NRMCO New Orleans, La.; HM1 Alberto P. Butingan, USS AJAX (AR-6); HM2 Angelo D. Casimiro, Alameda Branch Clinic; HM1 Paquito M. Colobong, Bethesda Branch Clinic at Washington, D.C. Navy Yard; HM3 Colleen J. Dolan, USS LEXINGTON; HM3 Robert A. Flanagan, USS PROTEUS (AS-19); HM3 Johnnie S. Hale, 3rd FSSG, Okinawa, Japan; HM1 Wayne J. Hitzeman, USS KITTY HAWK, and HM3 Paul C. Hopey, Naval Hospital, Roosevelt Roads, Puerto Rico.

Also: HM2 Joseph M. Hopkins, USS ORION (AS-18); Mr. William R. Johnson, Navy Environmental Preventive Medicine Unit No. 2, Norfolk, Va.; HM2 John A. Maiuro, Treasure Island Branch Clinic; HM2 Sharon C. O'Leary, NRMCO Subic Bay, Philippines; HM2 Douglas J. Pike, NRMCO Oakland; HM2 John E. Reagan, USS RANGER (CV-61); HM2 Robert D. Smithers, Administrative Support Unit, Indian Ocean. Coast Guard HM1 James N. Stephens, Kodiak, Alaska; HM3 Harry L. Tyler, Navy Environmental and Preventive Medicine Unit No. 5, Naval Station, San Diego; HM1 George W. Wilson, NRMCO Philadelphia, Pa., and HM3 Thomas E. Zimmerman, USS MIDWAY (CV-41).

Travelers face summer crunch

Historically, summer has been a difficult time for the space-available traveler, and officials at Headquarters, Military Airlift Command (MAC) say this year's crunch on "Space-A" seats may be even tighter than usual.

Officials say cargo requirements and passenger requirements related to permanent change of station moves result in a drastic reduction in the number of seats available for Space-A travel. The C-141 "stretch" program, under which 23 feet of fuselage and aerial refueling capability are being added to MAC's C-141 Starlifter fleet, will result in fewer C-141s in the system while these modifications are going on. According to officials the entire fleet is expected to be modified by July 1982.

Additionally, reduced C-5 Galaxy activity will also limit Space-A travel this summer, officials say.

Passenger terminals on the East Coast and in Europe are already feeling the pinch. Terminal operators throughout Europe report Space-A sign-up lists have increased two-and three-fold, and are still growing. MAC officials anticipate a similar situation in the Pacific.

MAC officials stress their people stand ready to assist all Defense Department space-available passengers at their passenger terminals, but warn potential travelers to be prepared for long delays, crowded conditions and personal expenses that may exceed their expectations.

Editorial ---

Chaplain's Corner

The making of a hero

By Father Mel J. Hary
Commander, Chaplain Corps, U. S. Navy

It took a lot of courage to sign the Declaration of Independence. Look at what happened to those first signers after July 4, 1776:

- Five were captured or imprisoned in the war that followed.
- Nine died of wounds or hardship.
- Twelve lost their homes.
- Seventeen lost everything they owned.
- Most were driven into hiding.
- Every one of them was hunted.

They were offered immunity, rewards, the return of their property or freedom of their loved ones to desert the cause. None did. Such courage is the stuff from which legends and heroes come.

Real courage is more than just reacting to a threat or making a bold act. We do not account a person courageous or daring who is ignorant of the perils through which he has passed. Nor would we say that a person was courageous unless we were certain that he or she has clearly considered the danger and even the pain, has counted the cost, and yet persevered.

Some, indeed, begin great and heroic enterprises in the flush of enthusiasm, but grow slower and slacker as they gradually realize the dangers and risks. We may call them impetuous or rash, but hardly courageous.

Men and women who have real courage may begin perfectly slowly, so much so that others may well judge them to be half-hearted in their efforts. They seem to have no rush, no swift attempt. They go on, painfully conscious of the difficulties, yet they go on. They have counted the cost. They have sensed how terribly alone they would find themselves. They run no unnecessary risks, but they go on unsparingly, relentlessly. Panic will not affect them, for alone in the solitude of their hearts, they have already faced the danger.

This, then, is the lesson from men and women of courage. They have faced the challenge deliberately, certain of all it entails, not dodging things because they were frightened or too demanding, not pleading off because they were ignorant of the demands. Without support or consolation, they carried through, resisting the thoughts of quitting, of turning in another direction, of giving up.

It sounds somewhat dull and humdrum, but in all walks of life that is what real heroes are made of.

Our patients write...

"I would like to extend my appreciation to all the people and staff that were responsible for my having such excellent care during my recent cataract operation.

"Since I was away from home, I felt very fortunate that my welfare was considered in such a manner that I was not upset.

"There are no words I can express for the attention Dr. (Commander Richard R.) Imes gave me. He is not only an excellent surgeon but an extremely pleasant person."

Percy D. Reeves
Eugene, Oregon

Ship, station soliciting limited by Navy policy

Washington (NES)... Every day we are bombarded by commercial solicitations for our hard-earned dollars. All too often, what we realize for those dollars proves to be disappointment and consequently, the Secretary of the Navy has limited solicitation on naval ships and installations.

Solicitation is defined as "a seeking to obtain something from another." No person has an absolute right to enter a naval ship or installation for commercial solicitation. Instead, solicitations must be authorized by the ship or installation commander, to be conducted in such locations and at such hours as designated by that official. Approved solicitation must be made by appointment only and at the invitation of the service member. All agents must be licensed under applicable federal, state or municipal laws and must comply with local command regulations before they are permitted to solicit.

Prohibited practices

Certain solicitation practices are expressly prohibited. A sales pitch may not be made to a mass or captive audience such as recruits, trainees or other personnel on board a ship or installation.

Solicitation cannot be done without an appointment in transient personnel

quarters or barrack areas. Retired or reserve members of the armed forces may not use official identification cards to gain access to military installations to solicit. Solicitors may not enter any unauthorized or restricted areas; make appointments with personnel who are on duty; offer unfair, improper or deceptive (including misleading advertising); or, make any oral or written representations suggesting that the product offered is sponsored or endorsed by the Navy or Department of Defense. The penalty for failure to comply with these regulations is the denial of solicitation privileges on board government installations.

Insurance solicitors

Agents for insurance solicitations are subject to some additional limitations. Military members and DoD civilian employees may not engage in any solicitation of insurance sales to personnel on a military installation. An insurance agent may not participate in any military-sponsored education or orientation program (with the limited exception of agents of non-profit military associations receiving prior approval of the Commander, Naval Military Personnel Command). Commands may not designate insurance agents as "unit insurance advisor,"



A nation's 'sacred honour' Independence

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness."

These lines, authored by Thomas Jefferson of Virginia, opened the Declaration of Independence which was approved by the Continental Congress in Philadelphia 204 years ago tomorrow.

This was a document that formed the foundation upon which this great nation was built. Its very title contains a word that provides a key to a way of life Americans have enjoyed in all these intervening years. That word is *independence*.

Somewhere along the line in recent years, however, we seem to have lost the full meaning of that word. Instead of being personally independent, we have become dependent upon Uncle Sam and others. Foreign markets have out-produced and out-promoted our own manufacturers in many fields ranging from automobiles to electronic components. As a country, we have become defenseless and dependent upon the whims and politics of other nations for energy sources and other commodities.

Young Americans expect to be appointed Chairman of the Board in that first job upon graduation from college; their younger sisters and brothers believe parents should present them a Porsche as a high school graduation gift. Even older citizens these days are beginning to cry for more free handouts from the government and the employed public.

Too many of us in the middle years revolt in paying any taxes and become almost unscrupulous in figuring loopholes in the tax system. When we become unemployed, we do all we can legally to milk the system, refusing job opportunities on grounds that we are over-qualified. We'd rather sit around and "pull the sting" to the benefits (in this case at the expense of our former employers) than do an honest day's labor at a lower rate of pay until something better comes along.

Leaning, whether it applies to a building shifting over a hill, or to an individual, is a very dangerous situation. **Leaning** is a weakness, a waste of strength, character and spirit, with guaranteed disastrous results. The defect goes beyond politics. It has become a way of life and a decided threat to "our sacred honor" described by those forefathers who drafted that famous document so many years ago.

When proper engineering skills are used and structural supports applied, a building on slant can be straightened and made safe once again. Correcting methods are also possible in rebuilding character and instilling strength in the human spirit.

Perhaps, then, on Independence Day 1980 all of us Americans should take a good look at ourselves and make a pledge to become more *independent* of other individuals and nations—and of our own government. The late President John F. Kennedy said it, and said it well:

"Think not of what your country can do for you, but of what you can do for your country."

—Betty Beck

"SGLI consultant" or "battalion insurance commander." Agents may not be assigned office or desk space other than to conduct a specific prearranged appointment. They may not display signs announcing their names or company affiliations or distribute literature to anyone other than the person being interviewed. Finally, commands may not use plans of the day or other notices to announce the presence or availability of an insurance agent.

Off-duty soliciting

One particular prohibition is of vital interest to military personnel or civilian government employees who work for private concerns in their off-duty hours. Military members are expressly prohibited from making personal com-

mercial solicitations or sales to DoD personnel who are equal or junior in rank to themselves. Civilian employees may not make solicitations to individuals under their supervision. The only exceptions are either a one-time sale of personal property or the sale of a privately-owned dwelling. This prohibition encompasses all solicitations made at any place—on or off base—and at any time, on or off duty. Military personnel who disregard this rule may be punished for violating a general order under the Uniform Code of Military Justice.

(By LCDR Thomas R. Randall, JAGC USN, Navy Legal Service Office, Norfolk)

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

CDR MacEnery announces retirement plans

Commander Joan Marie MacEnery, Nursing Assignment Coordinator at Naval Regional Medical Center, Oakland, went on terminal leave July 2 in anticipation of official retirement from the Navy Sept. 1.



CDR Joan MacEnery

Miss MacEnery plans to return to her home in Carlsbad, "and leisurely enjoy sunny California for a year." She reports that she may later further her education in a field related to nursing, such as counseling, or in the music field.

"Military nursing has been a most enjoyable, rewarding experience for me," the commander declared. "The Navy Nurse Corps gave me every opportunity to develop professionally and educationally. The many fine friends I have met throughout my Navy career will be fondly remembered... and it has truly been a privilege to serve my country!"

Originally from Yonkers and Mt. Vernon, N. Y., Commander MacEnery received her R.N. from St. John's Riverside Hospital in Yonkers. Several years later she earned a bachelor of science in nursing education from Columbia University Teachers' College and a master of science in nursing administration from Ohio State University, both under Navy-sponsored programs.

She worked for more than 10 years as a nurse in the civilian community,

first as a charge nurse of a medical unit in St. John's Riverside Hospital, next as a nurse-receptionist in a private physician's office, and finally as nursing director for the John Wanamaker Store in New York.

In 1958 she started her first duty in the Navy as an ensign with St. Albans Naval Hospital where she was a staff nurse in thoracic surgery. After receiving a B.S. at Columbia, she served at Sigonella, Sicily and later at the U. S. Naval Hospital Philadelphia (in the Surgical Intensive Care Unit). Back to Ohio State for a master's, she next saw new duty as a surgical supervisor at Naval Regional Medical Center San Diego. In 1967 she became educa-

tional coordinator for St. Albans and next was assigned to Naval Regional Medical Center Camp Pendleton where she was enlisted detail coordinator, Emergency Room coordinator, and worked in the Outpatient Department. Commander MacEnery has been assigned to Oakland since 1977.

Mrs. Helen C. MacEnery, the nurse's mother, makes her home with the commander. Miss MacEnery's late father was a Naval aviator in World War I, and her three brothers were also in service.

The soon-to-retire Navy nurse is a member of the Business and Professional Women's Organization and her hobbies include piano, tennis and crocheting.

Navy offers reenlistment award

The Chief of Naval Operations has announced establishment of a reenlistment award to recognize service rendered by mid-career petty officers and more senior personnel eligible for fleet service transfer. The award, a bronze Navy bicentennial medallion embedded in lucite, is an expression of the Navy's appreciation for the contribution of the reenlisting petty officer and the continuing career commitment that person is making by electing to remain in the service.

Members reenlisting for at least two years, on or after June 1, 1980, and who meet the following criteria, are eligible for this new award:

- Reenlistment prior to completing 12 years of total active service for a term during which 12 years active service will be completed, or
- Reenlistment after attaining eligibility for transfer to the Fleet Reserve.

Administrative procedures for command procurement of this award have been promulgated in OPNAV Instruction 1160.1 of May 27, 1980.

New ribbon for deployment

A new sea service deployment ribbon has been authorized which recognizes the unique and demanding nature of sea service and the arduous duty attendant with deployments.

Eligible personnel are Navy and Marine Corps officers and enlisted personnel who serve 12 months (consecutive or non-consecutive) of sea duty or duty with the Fleet Marine Force and who meet deployment requirements. For the purposes of this award, "sea duty" is defined as duty performed in commissioned vessels or

activities in an active status homeported/homebased in the U. S. or overseas which operate away from their homeport/homebase for extended periods of at least 90 continuous days, beginning with an eligibility date of Aug. 15, 1974.

Award authority is delegated to commanding officers who shall determine eligibility of each individual under their command and make appropriate service record entries concerning the award.

New rules apply to CFC drive

Major changes in the rules governing the Combined Federal Campaign have been announced by the Office of Personnel Management.

The federal government's annual multimillion dollar charity drive took in more than \$82 million last year.

Changes in the Manual on Fund Raising are effective for the 1980 campaign which begins right after Labor Day and runs for six weeks.

Among the changes are—

- a major emphasis on voluntary giving and employee's freedom of choice,
- creation of a new National Service Agencies grouping to include national voluntary organizations that have a domestic welfare function; other groupings are National Health Agencies, International Service Agencies, Red Cross, and United Way, and
- providing additional information to employees, including instructions on how to obtain more specific information about participating agencies, their programs, and their finances.

The following fund-raising practices are specifically prohibited—

- solicitation of employees by supervisors,
- setting 100 percent participation goals,
- making or using non-contributor lists,
- establishing personal dollar goals or quotas, and
- providing or using contributor lists for purposes other than routine collection and forwarding of contribution and installment pledges.

The changes made by the Office of Personnel Management came about after OPM took into consideration more than 3,000 comments from groups and individuals.

Intern claims bride in Chapel of Hope

Lieutenant Erick Hill, one of Naval Regional Medical Center Oakland's Class of 1981 interns, claimed the former Patricia Ann Perdue as his bride on Friday, June 13, in a wedding at Oak Knoll's Chapel of Hope.

Close friends and a few members of the staff saw the couple married by Chaplain (Captain) Owen Hardage and attended a reception that followed in a nearby conference room.

Dr. Jeffrey Krebs and his wife Linda were attendants in the intimate ceremony and Dr. Edward S. Carmick photographed the event.

The newlyweds left soon after for a honeymoon and visit with parents in their home state of Oklahoma.

Dr. Hill, a graduate of the University of Heidelberg, Germany, reported to this command early and has been working with Radiology Service. He has now begun training in basic surgery.

Mrs. Hill is a pre-med student at California State University, Hayward, and the couple is making their home in San Lorenzo.

Dr. Hill is the son of retired career Army Infantry officer John A. Hill and his wife Erika of Tulsa. Mrs. Hill is the daughter of James E. and Alene J. Perdue of the same city. The bride's father also served in the Army in World War II.



NUPTIAL TRADITION—Dr. and Mrs. Erick Hill cut the wedding cake during a small reception following their wedding at Oak Knoll.

For your info----

Navy Chief looks to new horizons

Chief Hospital Corpsman Herbert W. Lay, Paramedic Training Program Administrator/Education and Training, retired Monday after 26 years' naval service.

Chief Lay was assigned to Naval Regional Medical Center Oakland since late 1978. By coincidence, Oak Knoll was his first duty assignment out of Corps School in 1956. At that time, he worked for Neurology Service in Bldg. 74-A. He's held other billets in Japan, Midway Island and aboard two minesweepers, an oiler and a destroyer.

The retired Navy man attended Independent Duty Corpsman School at San Diego in 1963; Alcohol Rehabilitation Specialist Course at San Diego in 1976 and Instructor's Training School at Bangor, Wash. in 1978.

The son of Mr. and Mrs. Raymond Lay of Helena, Montana, earned a bachelor of science degree in psychology from Chapman College in Orange, Calif. He plans to work for his master's degree in clinical psychology through California Polytechnic State University. He'll also be working as a medical technician in criminal counseling for the California State Penal System in San Luis Obispo.

"It's been fun, interesting, challenging and rewarding," the chief said in speaking of his naval career. "But, gosh



HMC Herbert W. Lay

I'm glad it's over. Now, I can look for new horizons and goals."

Chief Lay enjoys gardening and remodeling. He makes his home with daughter Leslie Jolyn, 12, and son Christopher Herbert, 5.

Karen Moore tops in ORT class

Hospital Corpsman Third Class (HM3) Karen S. Moore, who will join the staff of Naval Regional Medical Center (NRMC) Oakland in her next duty, is the honor student of an Operating Room Technician School graduating class here this morning.

Other graduates who have completed eight weeks of didactic instruction in aseptic technique plus 18 weeks of clinical experience in different surgical services are: HM3 Kenneth Bledsoe, whose next assignment will be with the Navy Support Facility, Diego Garcia; HM3 Joseph Gallagher, NRMC Oakland; HM3 Mark Gohl, NRMC Guam; Hospitalman (HN) Jaye Krill, NRMC Yokosuka, Japan; HM3 Bruce Sinks, NRMC Oakland, and HN David Truchon, 3rd FSSG, Okinawa, Japan.

Two other students who completed the first phase of training were HN Jim LaVenture of Orthopedics Service and Specialist Fifth Peggy Knowles of Letterman Army Institute of Research.

Ceremonies will be held in the Clinical Assembly at 10 a.m. this morning, immediately following graduation of the Preventive Medicine Technicians.

Seven new psych technicians

The Navy gained seven more certified psychiatric technicians last Friday when members of the Class 80005 of the Psychiatric Specialist School completed their training.

Ceremonies were held here June 27 in the conference room across from the Clinical Assembly.

Graduates and their new duty stations are Hospitalman Keven Curry, Naval Regional Medical Center (NRMC) Long Beach; Hospitalman Jesse Martin, NRMC San Diego; Hospital Corpsman Third Class Jack Miller, Naval Regional Dental Center, Miramar; Hospitalman John Serrano, NRMC San Diego; Hospitalman A. Tyson, NRMC Yokosuka, Japan; Hospitalman Elaine Vance, NRMC, Okinawa, Japan, and Hospital Corpsman Third Class Euclid Talbot, NRMC Great Lakes.

Six complete X-ray school

Hospital Corpsman Third Class Roger T. Talbot was the class honorman and Hospital Corpsman Third Class James P. Stewart, class spokesman in June 20 graduation ceremonies held here for Class 80-003 of the Basic X-Ray School.

A Good Conduct Award was presented to Hospital Corpsman Third Class Gregory L. Lightbourn during the ceremonies.

Petty Officer Talbot's next duty will be at Naval Regional Medical Center (NRMC) Orlando, Fla., while Petty Officer Stewart will report to Naval Hospital Beaufort, S. C., and Petty Officer Lightbourn to NRMC Memphis, Tenn.

Other graduates and their new duty stations are Hospital Corpsman William E. Aggie, Naval Hospital, Roosevelt Roads, Puerto Rico; Hospitalman Jay A. Butler, NRMC Corpus Christi, Tex., and Hospital Corpsman Third Class George M. Hora, Naval Hospital, Cherry Point, N. C.

Lieutenant Richard C. LaFontaine serves as the school's director and Hospital Corpsmen Rose M. Percival and A. A. Esporo, Jr., its instructors.

Former Oak Knoll intern to be White House fellow

Lieutenant Commander Alexander R. Rodriguez, MC, USN, has been named one of this year's 17 White House fellows and will begin his one-year term on Sept. 1.

White House fellows are drawn from various segments of society and serve as full-time workers in a cabinet-level agency or in the executive offices of either the Vice President or President.

This program provides participants with opportunities to learn first hand how their government's executive branch works. When they return to their geographic or professional communities, they have a fuller understanding of government processes and can share this insight with their colleagues and acquaintances.

Lieutenant Commander Rodriguez currently is serving as Director of the Family Mental Health Clinic at Naval Regional Medical Center (NRMC) Camp Pendleton, Calif. A graduate of the Medical School of Emory University, he interned at NRMC Oakland.

Dr. Rodriguez previously has served as Director of the U. S. Navy Psychiatric Technician Program and as Chief of Psychiatry at the Naval Hospital, Guantanamo Bay, Cuba. The author of 12 professional papers, he is a member or fellow of 15 professional societies and organizations and is involved with several local and national committees promoting better health care services.

Sailors of Year selected by Navy

Operations Specialist First Class Charles K. Herrington, Utilities First Class Melvin E. Neighbours and Operations Specialist First Class Donald T. MacArthur have been named the Navy's 1980 Sailor of the Year for shore, Pacific and Atlantic Fleets, respectively.

Officials say the selection of these three individuals from among the many personnel placed in competition was made particularly difficult in view of the uniformly impressive records of perfor-

mance of each nominee.

The three petty officers selected and their families will visit Washington, D. C. in mid-July to receive Navy Department recognition. They and their families will then enjoy five days rest and recuperation at a Continental United States location of their choice. In continuance of its generous support of the Sailor of the Year Program, the Fleet Reserve Association will once again defray the travel, lodging and per-diem expenses for the families of these sailors.

-----Comings and Goings-----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Steven Jensen, Medical Corps, Radiology, to Massachusetts General for outservice training.

Commander Steve Price, Medical Corps, Medical Service, released from active duty.

Lieutenant Commander William Schlichtemeier, Medical Corps, Ophthalmology, released from active duty.

Lieutenant (junior grade) Robin L. Howe, Nurse Corps, released from active duty.

Lieutenant Commander Richard Hodosh, Medical Corps, Neurosurgery, released from active duty.

Lieutenant Douglas J. Glasscock, Staff Judge Advocate, released from active duty.

Lieutenant James F. Williams, Nurse Corps, released from active duty.

Lieutenant Commander Charles M. Johnson, III, Medical Corps, Otolaryngology, released from active duty.

Lieutenant Commander James A. Stankiewicz, Medical Corps, Otolaryngology, released from active duty.

Commander William Beckett, Medical Corps, Orthopedics, released from active duty.

Chief Hospital Corpsman Warren Shepherd, X-Ray, transferred to Fleet Reserve.

Hospital Corpsman Second Class Michael F. Paterson, Psychiatry, released from active duty.

Mr. McKinley Wynne, Food Service, retired from federal service.

Lieutenant Sandra Youmatz, Nurse Corps, released from active duty.

Lieutenant William Nunns, Nurse Corps, to Subic Bay, P. I.

Lieutenant Mariel Woolley, Nurse Corps, released from active duty.

Lieutenant (junior grade) Randall Howe, Medical Service Corps, Physical Therapy, released from active duty.

"Welcome aboard" to newly reporting:

Commander Melius Bollesen, Chaplain Corps, ACDUTRA.

Ensign Timothy Urell, Clinical Clerk.

Ensign Gregory Gray, Clinical Clerk.

Ensign Michael Morford, Clinical Clerk.

Ensign William Sandusky, Clinical Clerk.

Ensign Gustavo Callejo, Clinical Clerk.

Ensign Steven Carlton, Clinical Clerk.

Ensign Jeffrey Lengel, Clinical Clerk.

Captain Harry Wright, Medical Corps, ACDUTRA.

Commander Craddock Duren, Medical Corps, ACDUTRA.

Lieutenant Commander Uriah Bridges, Nurse Corps.

Lieutenant Commander Loretta Sitton, Nurse Corps.

Lieutenant Maureen Clary, Nurse Corps.

Ensign Nancy Honeycutt, Clinical Clerk.

Ensign Gary Hudak, Clinical Clerk.

Ensign Michael Mozzetti, Clinical Clerk.

Ensign Neal Jacobson, Clinical Clerk.

Lieutenant Commander Ida Roadhouse, Nurse Corps.

Commander Rosemary Murphy, Nurse Corps.

Civilian officials visit Oak Knoll

Mr. George Stevens, Director of the Western Field Division, Navy Civilian Personnel Command, San Diego, paid a routine advisory visit to Naval Regional Medical Center Oakland on June 25.

Mr. Stevens is responsible for labor relations and management training for the western region.

He was accompanied on the visit by

Mr. Carter Miller, Office of Navy Personnel Management Evaluation, San Francisco.

Both officials paid a courtesy call on Rear Admiral Walter M. Lonergan, Commanding Officer, and then conferred with Mr. Herb Lindemann, Chief of Civilian Personnel Service, and his staff.

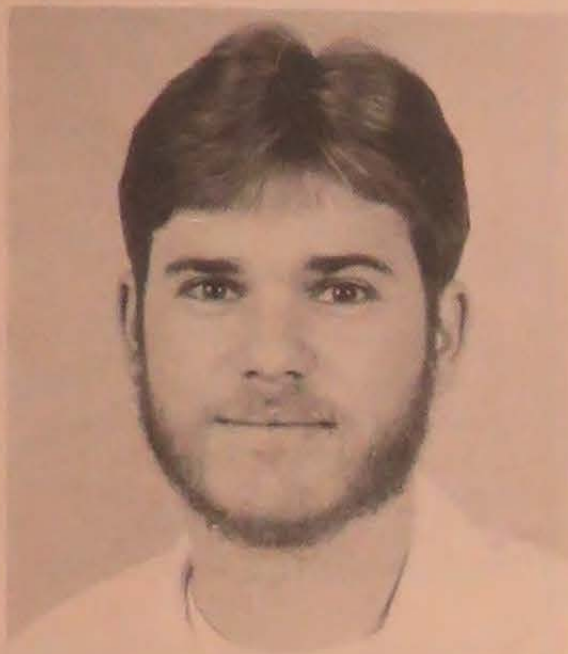
People make news ---

Sailors of Month praise work environment

Two Sailors of the Month were honored at Naval Regional Medical Center Oakland in mid-June. Hospitalman (HN) Mary A. Buhalog, Orthopedic Clinic, was named Sailor of the Month for February. She was senior corpsman on Ward 7-North at the time she was nominated. Announcement of her selection was delayed through administrative error.

Buhalog summarized her feelings over selection saying, "It's a great feeling to know the work I've completed thusfar has been noted by my superiors. It's a privilege to be named Sailor of the Month. I'd like to thank my fellow workers on 7-North for making (though trying at times) enjoyable." Oak Knoll's Sailor of the Month for May is an eight year veteran, who says he's seriously considering reenlistment. Dental Technician First Class (DT1) Steven J. Andersen, Dental Service, attributed his selection to team work and a good rapport between the doctors and technicians in his service. "It's a big family. Everyone gets along and people go out of their way to help one another. I've met the nicest people here. I'm just proud to say I work for them," he stated.

Petty Officer Andersen came here 3½ years ago following an assignment at Camp Lejeune, N. C. The certified Dental Technician received additional training at civilian schools in complete denture, ticonium crown and bridge and ticonium partial denture in York, Pa., under a military funded program. He's been awarded the Good Conduct and National Defense Medals.



DT1 Steven J. Andersen

HN Buhalog came to Oak Knoll 14 months ago after completing Corps school in Great Lakes. She received a meritorious advancement to pay grade E-2 during boot camp for superior performance.

The single woman said enlistment will afford the opportunity for travel, help her garner experience in the medical field, and aid in continuing her education. Prior to joining the Navy, she took Nursing Assistant training at Morain Park Technical School in Beaver Dam, Wisc.

The daughter of Mr. and Mrs. Arthur Buhalog, of Horicon, Wisc., enjoys reading, camping, swimming and baseball.

DT1 Andersen is an avid snow and water skier; he also plays baseball and racquetball. He's participated in walkathons and bikeathons for the March of Dimes and Muscular Dystrophy.

The Navy man makes his home in San Jose, where his parents, Mr. and Mrs. Sverre Andersen also reside. Petty Officer Andersen and his wife, Irma, are expecting their first child sometime early this month.



HN Mary A. Buhalog

Kudos....

LETTERS OF COMMENDATION

Hospital Corpsman Third Class Michael Dunn, Psychiatry.
Lieutenant Sandra Youmatz, Nursing Service.

LETTERS OF APPRECIATION

Commander Steve Price, Medical Service.
Lieutenant Commander William Schlichtemeier, Ophthalmology Service.
Lieutenant (junior grade) Robin L. Howe, Nursing Service.
Lieutenant Commander James A. Stankiewicz, Otolaryngology.
Lieutenant Commander Richard M. Hodosh, Neurosurgery.
Hospital Corpsman Third Class Walter Lewis, Psychiatry.
Hospital Corpsman Second Class Michael F. Paterson, Psychiatry.
Lieutenant William Nunns, Nursing Service.

REENLISTMENT

Chief Hospital Corpsman Hervie Messier, Preventive Medicine Service.

GOOD CONDUCT AWARDS

Hospital Corpsman Second Class Martin R. Longhorn, Laboratory Services.
Hospital Corpsman First Class Larry G. Jackson, Stockton Branch Clinic (second award).
Hospital Corpsman First Class Sharon C. O'Leary, Preventive Medicine School.

Nurse in spotlight

Former Air Force nurse awaits Navy augmentation

Although Lieutenant Doreen C. Tryon says her family didn't influence her on a military career, her late father served in the Army in World War II, her mother was a Navy nurse during the same period at Key West, Fla., and both of her brothers have served as Marine Corps officers.

Miss Tryon herself has nearly six years' experience in the military—four years in the Air Force Nurse Corps and nearly two in the Navy.

She was released from Air Force duty in 1977, but came back into the service for the benefits. "Pay is not comparable for nurses outside," she says, adding that she prefers the Navy over the Air Force because of the duty stations.

The lieutenant, who has been assigned to Oak Knoll since October 1978, works in the Recovery Room here. She has submitted the necessary paperwork to augment into the regular Navy and plans to make the sea service career.

Originally from Hillsborough Township, N. J., she graduated from Bellevue School of Nursing in New York and also attended Marymount Manhattan College. She also completed a course in flight nursing at the U. S. Air Force School of Aerospace Medicine. Future plans are to work toward both a bachelor's and master's degree.

Her nursing experience totals 14 years, eight of which were spent in critical and intensive care positions, three years in a charge capacity. In the Air Force she was assigned, progressively, to the 34th Medical Service Squadron Support Group, Governor's Island, N. Y.; as a flight nurse (qualified for C-141s) out of McGuire, N. J.; Air Force Base, and at Maxwell Air Force Base, Ala. This is her first Navy billet.

Miss Tryon is a member of the American Association of Critical Care Nurses and Bellevue Alumnae Association.

Her principal outside interest is traveling and she has seen Europe and the Orient on her own.



LT Doreen C. Tryon

Stockton hits 100%

Five corpsmen assigned to NRMCO's Stockton Branch Clinic who took the recent test to qualify them for advancement have learned that they all passed, representing a 100 percent success.

Qualifying for Hospital Corpsman First Class is Dennis W. DelliGatti; for Hospital Corpsmen Second Class, Teodorico D. Enriquez, Jr. and Louis R. Sanguinetti, and for Hospital Corpsmen Third Class Lea H. Dixon and Christopher S. Juarez.

Wynne retires after 38 years

After 38 years' civil service—28 of them at Oak Knoll—McKinley Wynne punched the time clock for the last time.

The former Food Service cook said he's looked forward to retirement for some time, adding, "I'm ready to put the pressures behind me and relax a little."



McKinley Wynne

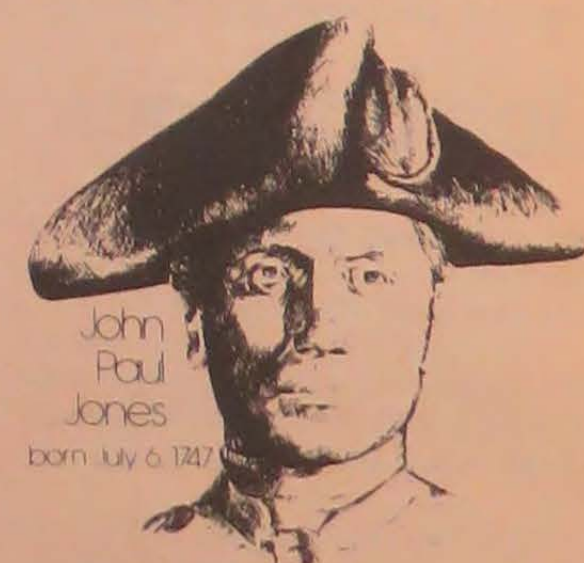
The native Texan plans to begin his new life by traveling a bit. "I'll finally get a chance to use my motor home. My people are scattered through Texas and Oklahoma and I have friends in Louisiana. I'm going to see as many of them as I can in two months," he stated.

Mr. Wynne has several job offers and intends to work part time, when he returns to his home in Richmond, Calif. "I'll cook at home but professionally—I'd like to try something new," he said. He'll spend the balance of his time hunting, fishing and "just taking it easy."

The widower has two sons, a daughter and eleven grandchildren. He enjoys walking, is active in church programs and says he may take up bowling again.

A World War II veteran, Mr. Wynne spent six years in the Army—three under General Patton.

Words to live by



"I have not yet begun to fight."
--John Paul Jones aboard the BONHOMME RICHARD on Sept. 23, 1779, the same day he defeated SERAPIS on the Atlantic during the American Revolution.

Speaking of health care

Free seminar to focus on lungs

"All About Your lungs," a pulmonary information seminar co-sponsored by Naval Regional Medical Center Oakland Internal Medicine Department and the Lung Association of Alameda County, will be held here on four consecutive Wednesday evenings, beginning Aug. 6.

Lecturers will include physicians, nurses, physical therapists and respiratory specialists. The sessions, to be held from 7 to 8:30 p.m. in the third floor conference room of Bldg. 500, is open to patients, families, staff members and other interested persons.

Topics will include chronic obstructive lung disease, asthma, lung cancer, breathing improvement, drug therapy, home therapy, smoking and the heart, and coping with lung disease.

There is no fee for this seminar and advance registration is not necessary.

Radiologic Technologist Week observed nationally July 13-20

By Fred Sinopoli, R.T., A.R.R.T.

The American Society of Radiologic Technologists (ASRT) has established the week of July 13-20 as National Radiologic Technologist Week to emphasize the contributions these technologists make to the community and to the nation.

There have been dramatic advances made since the discovery of x-rays in 1895, with diagnostic radiology, ultrasound, angiography, nuclear medicine, computerized tomography and radiation oncology offering a challenging future for radiologic technologists. Along with these advances, the profession of x-ray technology has been in the process of constant study and research, resulting in major improvements in equipment, procedures, patient care and education.

Many hospitals and colleges are staffed with dedicated radiologic technologists who are actively engaged in educating students of that specialty in the safe use of modern equipment by teaching a full radiology-oriented curriculum that will qualify them for testing by ASRT.

The many contributions of radiologic technologists are of a "silent nature;" their rewards are in knowing that they are significant members of the health care team and that they make a genuine contribution to patient care through their special skills. For as distinguished as the past has been and as bright as the future appears, it is the energies of technologists serving in the many areas of radiology today and the students preparing to take their places who will fulfill the promise of safer, more accurate radiologic diagnosis.

Comparison charts to aid selection during health benefits open season

For this year's Health Benefits Program Open Season (Nov. 10-Dec. 5, 1980) the Office of Personnel Management is developing a new system for providing information to federal employees to make it easier to choose among the various plans.

There are presently a total of 105 health benefit plans participating in the program. Thirty-seven more have applied to participate next year. Typically, an individual employee has between 15 and 20 different plans to choose from.

The new system includes distribution of comparison charts to agency installations.

In addition, each employee will receive a detailed brochure for the plan in which he or she is enrolled.

Personnel offices will maintain copies of brochures for every plan available in the organization so that employees can review them.

Under the present system, the only material on plan benefits available to individuals are the plan brochures. These brochures contain complete and accurate information on each plan—but the information is complex. Many employees find it difficult to understand the technical information and to compare benefits of the various plans.

Under the old system, 24,825,500 brochures were printed in 1979. Although how much is not known yet, the new system will considerably reduce the amount of brochures that must be printed and distributed—and will provide more information to help employees choose among available plans. (OPM)

Job openings

Civilian Personnel Service is accepting applications for Fire Chief, Medical Technologist and Laborer. All positions are located at Oak Knoll.

The Fire Chief position, supervisory in nature, is a GS-8, pay range \$15,423 to \$20,049, plus 15 percent premium pay. Deadline for filing is July 7.

Medical Technologist, GS-7, is located in the Drug Screening Unit of Laboratory Service. It pays a special rate of \$16,709 to \$20,885 per year. Applications must be submitted by July 7.

The announcement for the laborer position will close the end of today. This job is located in the Material Branch of Supply Service. It is a WG-2, paying \$6.61 to \$7.72 per hour.



Handle with care!



Latest Advice On Giving Up Smoking...

Calling It Quits



Switch Brands...

- ☐ Switch to a brand you find distasteful.
- ☐ Change to a brand that's low in tar and nicotine a couple of weeks before your target date. This will help lessen your physical dependence on cigarettes.
- ☐ Try not to smoke two packs of the same brand in a row.

Occupational health, safety under scrutiny

Occupational safety and health matters in the federal government began to receive more attention beginning July 1, when President Carter's new Executive Order 12196 became effective.

In addition to increased responsibility given the Department of Labor and Occupational Safety and Health Administration (OSHA), the order broadens the responsibility of federal agencies in the administration of on-the-job safety and health programs, allows employees a more active role by encouraging the establishment of joint labor-management committees, and provides for the protection of employees who report safety violations.

Joint committees will evaluate and assess the effectiveness of agency safety and health practices and will consist of an equal number of management and union representatives.

Committees may be formed at the national level, and for agencies with regional and field offices, other appropriate levels. Specifically joint committees will:

- Review agency program information;
- Monitor performance of agency on the operation of the program.
- Consult and advise the agency on the operation of the program.

The Department of Labor and OSHA will act as watchdog, providing leadership and guidance to agency heads.

OSHA will consult with the Federal Advisory Council on Occupational Safety and Health (FACOSH) to set basic program elements. It will also conduct program reviews and for the first time have the right to make unannounced inspections of agencies where there is no joint committee.

Responsibilities given to the Department of Labor include issuing rules, providing technical services to agencies upon request, and evaluating agency programs on a regular basis.

The Office of Personnel Management will work with Labor and other federal agencies to assist in implementing the requirements of the order. (OPM)

Change in CHAMPUS pay method

A change in the method used by the Civilian Health and Medical Program of the Uniform Services (CHAMPUS) to determine allowable medical charges has been announced by Theodore Wood, Director of the Office of CHAMPUS.

The change will improve the overall level of payments for claims, according to Mr. Wood, and is expected to result in an additional \$13 million paid on CHAMPUS claims for medical services.

Previously, the doctor's "customary charge" was one of three factors used in determining the allowable charge on a given claim. Under the new method, the allowable charge will be based on the lower of two factors, the actual bill or the prevailing charge for the service performed in that geographical area.

CHAMPUS officials believe that the elimination of the doctor's "customary charge" will narrow or remove the gap between a billed charge and the allowable charge, thus increasing doctor participation in the CHAMPUS program.



With the family ---

Dollars and cents of traveling:

Not all money spends the same

Some travelers find out the hard way that certain forms of money aren't worth a wooden nickel on a trip.

"A lot of people assume they can cash a personal check anywhere they go, but that's not true," points out Ann Ingram, director of airport volunteer services for the Travelers Aid Society of Washington, D.C.

Personal checks can be used to buy airplane and train tickets if the traveler has identification bearing his name, address, and signature. But the person who expects to write a check for cash or anything else on a trip is often out of luck.

Shoulder to cry on

Second-party checks—checks made out to the traveler—are the source of even more despair among travelers, who often end up telling their tales of woe at one of the 69 Travelers Aid booths in the nation's airports, train stations, and bus stops.

What kind of money is best to take on a trip? Mrs. Ingram suggests four forms: travelers checks, at least some of them in small denominations; personal checks, to pay some transportation and hotel bills; major credit cards, for identification and purchases; and a bit of cash, to pay extras such as parking fees.

Although its main purpose is to help the stranded traveler return home, Travelers Aid does everything from lending an empty-pocketed traveler 15 cents for a phone call to helping a destitute passenger contact friends or relatives who can provide financial assistance.

Know your destination

Besides money tips, Travelers Aid has some advice for people making flight reservations: passengers should state their destinations clearly.

"We had a darling Irish woman land at Dulles recently," Mrs. Ingram recalled, referring to Dulles International Airport in a suburb of Washington. "She spent a long time trying to call friends in 'the city of Dulles' until we figured out she thought she was in Dallas."

Because the airline reservation clerk's misunderstanding had caused the error, the woman got a free ride to her real destination.

Standby pediatric charges OK

CHAMPUS now authorizes payment under some conditions for physicians to stand by at births even though their services are not used. Formerly, CHAMPUS honored a claim for standby charges only when the doctor actually provided service for the newborn infant.

Standby charges may be authorized when the delivery is expected to pose a threat to the infant, as in the case of a Caesarian section or other "high-risk" delivery. Also, the pediatrician or newborn specialist must be readily available during the delivery and be qualified in procedures for helping babies to start breathing and keeping them alive.

\$34 million ready in VEAP fund

More than \$34 million has accrued to 16,000 contributors to the Post Vietnam Educational Assistance Program (VEAP) who are eligible to enroll in school or training programs but have not done so yet.

For each dollar service members contribute, two more are added by the Veterans Administration.

More than 200,000 service members have enrolled in the program.

Classifieds

Editor's Note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted, in duplicate, typed in caps and lower case letters and limited to 20 words or less. No new ads taken by phone; renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, one week before publication.)

Furniture

Identical twin well-constructed, stylish sofas, puffy side/back cushions, easy to clean, need recovering: \$65, both for \$100. Betty, Ext. 2113.

Vehicles

Trading—must sell 1973 Mazda station wagon RX-3, automatic with low mileage. \$1500. Call Gregg at Ext. 2113.

1979 Harley Davidson XLS (Sportster) low mileage, mag wheels, triple discs, black/charcoal gray/hand-painted stripes. Doug Gray, 562-9443 (home), 639-2157 (duty).

'O' Club events

Activities are being stepped-up for the summer season at the Oak Knoll Officers' Club, according to Mike Mocklin, manager.

The Galleon Room is now open from 4 to 8 p.m., Monday through Friday, with a new six-foot television screen for your viewing pleasure and sandwiches, pizza and popcorn available.

Every Tuesday in the same room is "Family Pizza Night," with a cost of \$3.25 for any favorite variety of pizza, and beer at 20 cents a serving.

A seafood (including cracked crab) and prime rib buffet will be featured from 6:30 to 9 p.m. on July 18 at \$10.50 per person.

There'll be a special "Italian Night" in the courtyard of the club on July 15 from 5 to 8:30 p.m. For \$2.25, there'll be spaghetti, lasagne, salad bar, etc.—all you can eat.



Little acorns...

The following new additions to the Naval Regional Medical Center Oakland "family" have arrived at Oak Knoll:

A baby girl to Hospital Corpsman Third Class Roosevelt D. Savannah, Alameda Branch Clinic, and his wife Mary Frances, June 6.

A baby girl to Lieutenant Commander Harold R. Bohman, General Surgery, and his wife Cathleen, June 6.

A baby girl to Hospital Corpsman First Class Jack P. Lau, Moffett Branch Clinic, and his wife Margaret Mary, June 10.

A baby girl to Lieutenant Richard G. Hibbs, Dermatology, and his wife Susan, June 19.

A baby girl to Lieutenant Commander Eugene B. McLaurin, Ophthalmology, and his wife Brenda, June 22.

July 4 B-B-Q at Officers' Club

A special Fourth of July family barbecue will be held tomorrow from noon to 6 p.m. outdoors at the Naval Regional Medical Center Officers' Club.

There'll be ribs, beans, hamburgers, steaks and all other ingredients necessary to a true western barbecue, plus balloons to celebrate the festive holiday.

Cost is \$5.25 per person; reservations not required.

Children and CHAMPUS eligibility

Are children of active duty members eligible for CHAMPUS Benefits? How about student dependents of retired members? The handicapped child? The child over 21? These are typical questions asked about child eligibility under CHAMPUS.

For CHAMPUS purposes, "children" means unmarried children under 21—natural born, legally adopted, and stepchildren—and includes children of:

- active duty servicemembers,
- retirees, and
- deceased active duty members and deceased retirees.

Also, there are some special cases of eligibility. For example:

- A student-child aged 21 or 22 is eligible for CHAMPUS if he, or she, is a full-time student in an approved college or university and is dependent upon the

sponsor for over 50 percent of the support.

• A child incapable of self-support because of a physical or mental condition is eligible if the incapacity existed before his or her 21st birthday and has continued without interruption. Once again, the sponsor must contribute at least 50 percent of the support.

• Illegitimate children may also be eligible under the above, and other circumstances.

There are also change-of-status conditions which may affect a child's eligibility, such as divorce or adoption. For further information on child eligibility, check with the Health Benefits Advisor at this hospital, the CHAMPUS fiscal intermediary which pays claims in your area, or write to OCHAMPUS, Aurora CO 80045.

Old 'saw' shot down, turn 'em off!

"If you're only going to be gone 30 minutes, you don't have to turn off fluorescent lights. It takes more power to restart them than they will use in a half hour."

Everyone knows that. But that's just the problem—it isn't true.

According to the Navy's Civil Engineering Laboratory at Port Hueneme, Calif., the actual trade-off period with today's rapid starting fluorescent tubes is one second. The initial rush of current lasts only one-half cycle (1/120 second) and diminishes immediately thereafter, reaching a "running level" in about one second.

The old saw about fluorescent lamps using so much power to start compared to power requirements to maintain light output probably stated when fluorescents became popular in the 1940s. Life expectancies of early bulbs were drastically reduced by frequent restarting, and electricity was cheaper than bulb replacement. Newer bulbs tolerate restarting better—and, of course, electricity is much more expensive now.

What about other lamp types? Incandescent lamps should always be turned off when not needed. When using high intensity discharge-type (HID) bulbs—mercury vapor, high or low pressure sodium lamps—refer to

manufacturer's instructions. Generally, they should not be extinguished unless the shut-off time will exceed 20 minutes.

Remember—saving energy is everyone's job.

Monsters at discount

Universal Studios in Southern California is offering a 10 percent discount to all military and civilian personnel with a new attraction, "Castle Dracula," opening this month.

"Castle Dracula" is the infamous castle-home of Universal Studios' most frightening monsters, Dracula and his brides; Renfield, Count Dracula's revolting assistant; Frankenstein; the Bride of Frankenstein; the Phantom of the Opera; the Wolfman; the Mummy and the Incredible Hulk. Visitors come face to face with these dreaded monsters and are also greeted by angry bats, hungry wolves and other terrifying creatures of the night. The kids will love it.

You may receive the special discount by presenting your military or civilian employee ID at the tour box office, 100 Universal City Plaza, Universal City.

Off duty ---



MEMENTO—In one of the more serious moments during a farewell party for Lieutenant Commander Richard Hodosh (wearing hat), he was presented a plaque by Commander Richard A. Pratt. Dr. Hodosh, who had been on the Neurosurgery staff here, was recently released from active duty.



SWABBING THE DECK—Nancy Hoffman (much to the amusement of Dr. Hodosh) plays the role of a house-keeping aide in reenacting a scene where something was spilled in the neurosurgeon's office.

Ride rapids, pan for gold, Aug. 23-24

A two-day river rafting trip with side attractions of gold-mining, spirited waterfights, volleyball and campfire conversation, plus four meals, transportation, and professional guides, is offered by Special Services in an Aug. 23-24 package costing a total of \$89 each.

A deposit of \$20 per person will reserve space on the trip, with deposit returnable up to July 11 when the balance will be due.

The trip combines the popular river rafting experience with a very practical learning lesson in the art of gold hunting. A real gold miner will teach participants the use of the pan, rocker, sluice box, long john and dredge. When the day is over, trip members should have acquired enough knowledge to be able to go gold hunting on their own. (The miner claims that some trip participants may even find enough gold during this trip to pay for the package itself, although this, of course, is not guaranteed.)

River rafters will learn how to paddle, maneuver a raft through treacherous obstacles and attack the white water rapids of the American River.

The package includes food (lunch to lunch), deluxe bus from Oak Knoll and back, raft rentals and life jackets.

Further information may be obtained from Sally Young, Special Services, Bldg. 38, telephone Ext. 2479, who says, "Don't miss this one! We're going to have a ball!"

Exercise in water for women on base

Women's water exercise classes will be featured again this summer on base, with the first series beginning Monday.

The classes will be held from 6 to 7 p.m. on Mondays and Wednesdays, with a total of nine lessons for \$9.

If interested in signing up for this series or the next one scheduled, contact Sally Young in Special Services, Bldg. 38, Ext. 2479.



POOL PERSONALITIES—Several of the 8 South staff were caught by the camera as they watched skits at a farewell party for Dr. Richard Hodosh. The get-together was held at Dr. Kliefoth's home.

Fishing update

Catfish are being stocked at Cull Canyon (Castro Valley), Shadow Cliffs (Pleasanton) and Contra Loma (Antioch) for the coming holiday weekend. Each water will receive 1,000 pounds of fish, averaging 3/4 to 1 pound each.

Two weeks ago, the Department of Fish and Game stocked Lake Chabot, Shadow Cliffs and Alameda Creek with catchable sized rainbow trout. Between 2,000-2,500 fish were planted at each location.

At Del Valle (Livermore), bass fishing is rated good while trout fishing has slowed. Bass are hitting best on nightcrawlers and rubber worms and the best fishing hole has been the west end of the lake.

Sturgeon fishing has been picking up at Point Pinole (Pt. Pinole Regional Park). One fisherman caught two keepers in rapid succession one morning recently. A few flounders, bullheads and perch are also being taken. Best baits are grass or ghost shrimp, clams and anchovies or sardines.

Action has slowed at Don Castro (Hayward) and Lake Temescal (Oakland) but occasional trout and bass are still being taken.

Two hotlines now

In an effort to respond to the high volume of calls to the current retention hotline, a second phone line has been installed.

The second line, (Autovon) 224-3751 or (Commercial) 202-684-3751, like the first, (Autovon) 224-3722 or (Commercial) 202-684-3722, will provide the caller with three-minute recorded messages describing the status of legislative and non-legislative retention initiatives relating to officer and enlisted personnel.

Which 'un' are u?

The prefix "un" has swept into prominence. First, we heard about "uncola" and soon it became "un" and "un" that. But one uncool group that's been around for a long time, "the unsafe"—whether the situation, work, play or behavior in general.

On the automotive side, this breed is generally the unbuckled. That's what, after the crackup, they are so often the unwhole and the unalive.

Once in gear, the unsafe became the undrivers. Their performance is offensive rather than defensive. Observe them in the driver's seat: they are the unpolite, the unsignaling, the unalert, the illegal, the uninhibited. They are unworried, too, about overdriving their endurance, so they often become the unawake and the unconscious.

In their homes, the unsafe are quite unlikely to read warning labels on household chemicals. And so the unread sometimes fail to qualify as members of the unpoisoned, or the unburned, or the unexploded.

The prefix "un" is great when talking about the undamaged, the uninjured, the unimpaired, the unbalanced, the unsplinted, the unwheelchaired, and the unquashed. But its rather frightening when talking about the unheeding, the unprotected, the uncared-for—the undone.

Which "un" are you?

★ ★ ★ MOVIES ★ ★ ★

Thursday, July 3, 6 p.m.—NOTHING PERSONAL—Donald Sutherland, Suzanne Somers—Comedy/PG

Friday, July 4—HOLIDAY. NO MOVIE SHOWN.

Saturday, July 5, 2 p.m.—DARBY O'GILL & THE LITTLE PEOPLE—Albert Sharpe, Janet Munro—Fantasy/G

Saturday, July 5, 3:38 p.m.—IN SEARCH OF THE CASTAWAYS—Hayley Mills—Adventure/G

Sunday, July 6, 6 p.m.—THE WIZ—Diana Ross, Michael Jackson—Musical/G

Monday, July 7, 6 p.m.—WATERSHIP DOWN—Zero Mostel, Harry Andrews—Drama/PG

Tuesday, July 8, 6 p.m.—THE WILD GESE—Richard Burton, Stewart Granger, Roger Moore, Richard Harris—Action/R

Wednesday, July 9, 6 p.m.—HIDE IN PLAIN SIGHT—James Caan, Jill Elkenberry—Drama/PG

Thursday, July 10, 6 p.m.—EAGLE'S WING—Martin Sheen, Sam Waterston—Adventure/PG

Friday, July 11, 6 p.m.—101 DALMATIANS—Animated—Action/Comedy/G

Saturday, July 12, 2 p.m.—BATTLESTAR GALLACTICA—Richard Hatch, Lorne Greene—Science Fiction/PG

Saturday, July 12, 4:05 p.m.—THE GREAT BRAIN—Jimmy Osmond, Pat Delaney—Drama/G

Sunday, July 13, 6 p.m.—PSYCHO—Anthony Perkins, Janet Leigh—Drama/R

Monday, July 14, 6 p.m.—CALIFORNIA SUITE—Alan Alda, Jane Fonda—Comedy/PG

Tuesday, July 15, 6 p.m.—ALL THAT JAZZ—Roy Scheider, Jessica Lange—Drama/R

Wednesday, July 16, 6 p.m.—FFOLKES—Roger Moore, James Mason—Action/PG

Thursday, July 17, 6 p.m.—RIVALS—Stewart Pettersen, Phillip Brown—Drama/PG



Secure the benefits you have earned

Enrollment will begin Aug. 1 at Naval Regional Medical Center Oakland (NRMCO) and other military bases throughout a selected area of three western states for a new computerized reporting service directly aimed at identifying ineligible persons who have been fraudulently using health care provided only for military and their dependents.

The new concept, Defense Enrollment Eligibility Reporting System (DEERS), was explained to administrators and chiefs of clinical services on July 7 by Mr. Jim Johnston, representative of Electronic Data Systems (EDS), the firm that is implementing the new system under Department of Defense contract.

Mr. Johnston reviewed the impetus for this project which began in 1974 in a congressional study directed at the Defense Department to implement a program that would assist in planning military benefits, estimate their costs, and ensure that the value to the beneficiaries of these programs is at the highest level. More recently, studies have focused on excessive fraud in the military health care programs and it has been determined that the initial application of DEERS would be directed toward that purpose.

The pilot program began in the Tidewater region of Virginia around Norfolk and northeastern North Carolina from February through April 1980. Phase II, covering Northern California, Northern Nevada and Oregon kicks off Aug. 1, with enrollment continuing for a period of about three months. Subsequently, the system will be expanded to cover the rest of the country and overseas locations where military personnel and their dependents are assigned. By August 12, more than nine million persons are expected to be enrolled in DEERS.

Coordinator

Commander Frank D. Fisher, NRMCO Director of Administrative Services, has been appointed the DEERS Regional Medical Facilities Coordinator for Phase II implementation. He is being assisted by Lieutenant David Tafson.



CDR Frank D. Fisher

Lieutenant Dale L. Holm, Officer in Charge of the Personnel Support Detachment, will oversee the enrollment of NRMCO staff and dependents.

The central computer terminal, which will connect with data base headquarters at Monterey, will be located at NRMCO's Outpatient Department about Oct. 1. By that time, most beneficiaries of this medical center will be enrolled and their health care eligibility can be confirmed within a matter of a few seconds, according to Mr. Johnston.

How to enroll

Active duty and retired military personnel drawing retirement pay will be automatically enrolled from their service records.

Enrollment for dependents, however, is the responsibility of the sponsor. The process includes filling out DD Form 1172 (Application for Dependents ID Card).

Each servicemember enrolling his or her dependents must present proof of dependents eligibility for health care. This documentation may be in the form of marriage license, birth certificate, etc.

All military personnel must enroll with the personnel office of their parent organization. In the case of NRMCO staff, this is the Personnel Support Detachment in Bldg. 105 (telephone Ext. 2027).

Dependents whose sponsors are not available, such as those whose spouses are deployed overseas, should report to the nearest military activity associated with their sponsor's service for assistance in enrolling in the system. The same is true of eligible survivors of deceased active duty and retired personnel.

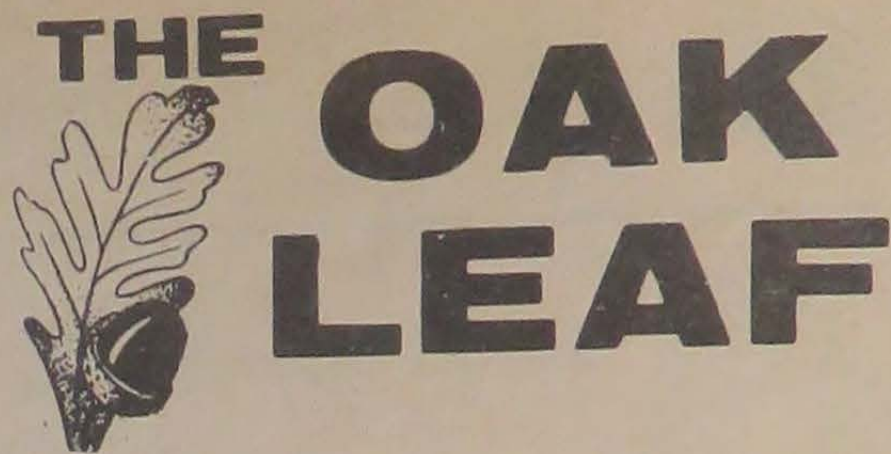
Retirees may, in most instances, enroll their dependents by mail, completing a form mailed to them by the Naval Military Personnel Command if their service was with the Navy.

Extent of fraud

The General Accounting Office estimates that as much as \$60 million worth of medical benefits are being dispensed annually to ineligible persons through direct care facilities and CHAMPUS. News reports indicate DEERS has already detected several fraudulent users of the military health system during trial runs, including divorced dependents, people discharged early, and one man who allegedly was married to four women!

Until the system is well underway, and all eligible persons have had the opportunity to become enrolled, no one will be denied necessary health care. Those who may later be proven ineligible, whether by circumstance or design, will be the object of administrative and/or legal action, including being billed by the government for services to which they were not legally entitled.

It is very important that all concerned enroll dependents as soon as possible after Aug. 1, not only to be sure that the eligibility can be quickly confirmed when loved ones need health care, but as the slogan states, "secure the benefits YOU have earned."



Vol. 42, No. 15

Naval Regional Medical Center, Oakland
Friday, July 18, 1980



DEERS BRIEFING—Mr. Jim Johnston, representative of Electronic Data Systems, briefs administrative chiefs on the new Defense Enrollment Eligibility Reporting System, which will be implemented in this region with enrollment beginning Aug. 1.

President signs special pay act for medical officers

President Jimmy Carter has signed into law the Uniformed Services Health Professionals Special Pay Act of 1980, effective July 1.

In brief, the law provides for four kinds of special pay for medical officers:

- **Variable Special Pay:** For interns, \$1,200 per year; for 0-7 and above, \$1,000 per year; for all others an amount ranging from \$5,000 to \$10,000 per year, depending on length of service.

- **Additional Special Pay:** \$9,000 or \$10,000 per year depending on length of service and execution of written agreement to remain on active duty for at least one year (not available to interns).

- **Board Certification Pay:** \$2,000 to \$5,000 per year depending on length of service for those who are board certified in a specialty.

- **Incentive Special Pay:** An amount not to exceed \$8,000 per year

at the discretion of the service secretary concerned as additional incentive to officers in specialties of critical shortage.

The law provides permanent entitlement to the existing set of bonuses for dental officers.

Implementing directives and further guidance are forthcoming. In the interim, all affected officers are cautioned not to execute new Variable Incentive Pay (VIP) contracts or endorse VIP checks since entitlement to VIP and other special pays previously in effect ended June 30. The Navy Comptroller is expected to determine the mechanism for transition from the former special pay system to the new one.

The new law provides for an officer to receive the greater of (1) the amount authorized under the former VIP and pro-pay system, and (2) the amount authorized under the new act.

Meet new interns, dental residents

Pages 4, 5

Editorial ---



State of California

GOVERNOR'S OFFICE
SACRAMENTO 95814

EDMUND G. BROWN JR.
GOVERNOR

916/445-4571

June 10, 1980

I am pleased to extend my greetings to all those celebrating the 82nd anniversary of the founding of the United States Hospital Corps.

The Corps has throughout the years played a role vital to our nation's well-being. I commend the dedication of personnel, past and present, and offer my best wishes for a successful and memorable event.

Sincerely,

EDMUND G. BROWN JR.
Governor

'Gold in them thar hills'

People have been saying for many years, "there's gold in them thar hills." Ask any California Mother Lode natives if there's any left and they'll tell you that the mountains and streams of Northern California still abound with the precious ore—it's just too time-consuming to search for it. Experts agree that only 20 percent of the gold in the Mother Lode was ever found (but that percentage yielded the lucky prospectors over a billion dollars).

Now it hardly ever happens that you can reach down and pick up a sizeable nugget in the stream bed. There are many methods of gold mining, some of them quite sophisticated in this age of industrial technology, and few of us have the wherewithal or access to property that may yield gold. But, given the opportunity to pick up a few pointers on how to "season" a pan, or how to recognize gold when you see it (mica can fool one), we, too, can join in on the hunt and, who knows, maybe strike it rich!

Just such an opportunity awaits the personnel of this center in the Gold and Rafting Expedition scheduled for the Aug. 23-24 weekend by Special Services. Not only does the package include round-trip transportation, white water rafting, guides, food and equipment—it features a full day's course in the art of gold hunting. An authentic miner will give full instruction on not only the correct way to use a pan, but how to operate a rocker and sluice box as well.

All of us old-timers of Mother Lode origin know that a heavy rain season washes nuggets and flakes of gold down into the foothill streams from previously hidden crevices in the high Sierras. Do we need to remind you that the snow pack was deeper than usual last winter and the spring rains heavy and frequent?

Now hie on down to Bldg. 38 to make your reservation without delay. Nothing would please us more than to publish a photo of some lucky staff member holding a nugget worth several thousand, with a big grin on his or her face, shouting the old prospector's happy chant, "Eureka! I have found it!"

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

ADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Our patients write...

I want to thank you for allowing me to stay in the hospital while my prosthesis was being made.

I received such wonderful treatment from all the people I came in contact with—the ENT doctors, Dr. (Captain Richard G.) Grisius, Chief (Dental Officer) Donald Hritz, the nurses and all the workers on 6th floor north.

I appreciated it very much. Thank you.

Mrs. Helen Rogers
Oak Harbor, Washington

...

On May 28, 1980, Drs. (Lieutenant Commander Anthony F.) Carolla and (Captain Robert H.) Cave, plastic surgeons, performed (surgery) on me. I am extremely pleased with the medical competence and personal attention of both doctors. The surgery has given me a much needed emotional uplift and confidence. Please convey my appreciation to Drs. Carolla and Cave.

Mrs. Angie Ong
Escondido, California

Surgeon General speaks out on EEO policies, harassment

"It is my policy that an effective and viable program be implemented that accord to all persons of the Navy Medical Department equal opportunity in all civilian employment matters. The carrying out of this policy will be coordinated to the maximum extent practicable with the program for equal opportunity and treatment of military personnel. Resources shall be devoted to support the EEO program particularly in such areas as recruitment, training, education, and promotion. Special emphasis is to be given to women and specific minority groups which constitute significant portions of the labor market in the recruitment area. Demonstrated support of EEO policies is to be considered in assessing performance of every supervisor or manager and when assessing personnel for promotion or selection to supervisory or managerial positions.

"Where organizational situations exist that reflect minorities and women are obviously underrepresented, action must be taken to achieve improvement through hiring and promotion efforts. Disciplinary action is to be taken against official, military or civilian, determined to be guilty of either direct or indirect discrimination, reprisal, coercion, or intimidation against employees or against complainants, their representatives, or witnesses. This includes the deliberate or repeated unsolicited verbal comments, gestures, or physical contact of a sexual nature which are unwelcome. Any supervisor who uses implicit or explicit coercive sexual behavior to control, influence, or affect the career, salary, or job of an employee will be charged with sexual harassment. Also any employee who participates in deliberate or repeated unsolicited verbal comments, gestures, or physical contact of a sexual nature which are unwelcome and interfere in work production is also engaging in sexual harassment. It is my policy that complaints of discrimination, including sexual harassment, be examined impartially and resolved promptly.

"Commanding officers and officers in charge, as designated equal employment officers, will take personal responsibility for the development and implementation of an EEO program designed to meet the needs of the activity and ensure that policies issued by higher authority relating to EEO are vigorously and positively carried out at all supervisory and managerial levels, both military and civilian. To assist in developing these programs, it is my intent to promulgate instruction within the next 60 days which will set forth procedural requirements to reinforce and strengthen the EEO program throughout the Navy Medical Department.

"It is appropriate at this time to announce the selection of a new EEO program manager for BUMED. Mrs. Cheryl Crosswell will be reporting aboard on July 15 and will provide advice and guidance in the development of the forthcoming instruction."

W.P. Arentzen
Vice Admiral, Medical Corps, U. S. Navy
Surgeon General



Wisdom

*We must be silent before we can listen;
We must listen before we can learn;
We must learn before we can prepare;
We must prepare before we can serve;
We must serve before we can lead.*

—William A. Ward

Mental Health Symposium scheduled

Psychiatry Service will host a Navy Mental Health Symposium here Aug. 12. The three hour course—under the direction of Lieutenant Commander (Doctor) Mark Peterson, Community Mental Health Director at Oak Knoll—will clarify the type and limitations of Navy Mental Health programs. An open invitation has been extended to all medical personnel from Naval Regional Medical Center Oakland and its branch clinics. Psychiatry Service will now with similar symposiums at each of the branch clinics for those unable to attend. The symposium is scheduled for 1 p.m. on the fourth floor in the ENT Conference Room. Three continuing education credits are offered for the course. Doctor Peterson stated the Department of Psychiatry Service will also send representatives to ships in the area to brief personnel on drug and alcohol abuse, psychiatric problems and referrals.

Captain selection boards again delayed

This year's captain line and staff selection boards are again being rescheduled Aug. 18 and Sept. 8, respectively in anticipation of enactment of National Emergency Agencies Act (NEA) relief legislation in late July. These captain boards have already been delayed once with the expectation of congressional action on this legislation in June. However, action on NEA legislation was not completed prior to the July 3-20 period during which congress will be out of session. This legislation is considered vital because it would permit captain selection boards to consider a number of below-zone officers comparable to those examined in previous years. Normally more than 1,000 unrestricted line officers are considered in the below-zone field for captain. Without NEA relief legislation action, this year's below-zone field will be limited to about 70 officers. A similar proportional reduction would be experienced for restricted Line and Staff Corps officers as well. Additionally, without relief legislation, the below-zone opportunity for promotion for lieutenant commander and commander will be limited to five percent instead of the desired ten percent figure. Congressional enactment of the needed legislation, though anticipated, is not assured. If not forthcoming by the new board convening dates, only the reduced below-zone list can be considered along with the in-zone and above-zone candidates. In any case, the board is compelled by law to convene prior to the end of the fiscal year, Sept. 30. These changes in convening dates for the captain selection boards will impact other forthcoming selection boards as follows:
Commander Line (Men)—From Sept. 8—Sept. 22
Commander Line (Women)—Remain at Oct. 6
Lieutenant Commander Line—From Oct. 15 to Oct. 20
Commander/Lieutenant Commander Staff—Remain at Oct. 27
Lieutenant Line—From Nov. 12 to Nov. 17
Lieutenant Staff—From Dec. 1 to Dec. 8

You're not alone

Part I

A Navy spouse's guide to many benefits, services

Editor's Note: Following is the first article in a two-part series designed to inform the Navy wife of the many benefits and services available to her to help smooth the way during her husband's Navy career, especially when her husband is at sea.

Washington (NES). . . The life of a Navy wife is very different than that of civilian sisters. The Navy wife travels to more places within the United States and overseas than most civilians can imagine. However, when her husband goes to sea she must manage the home and family by herself. It isn't

because the Navy wife is someone special, the Navy makes every effort to assist her with a host of benefits and services to help smooth the way until her husband returns. To receive assistance all she needs to do is ask; she is surrounded by people—Navy people—who want to help.

Personal Services Centers
The Navy has established Personal Services Centers in 57 major Navy installations around the world to assist in moving from one part of the country to another, or even to a foreign country.

The people who staff the centers provide information about local recreational facilities, child care centers, legal services and voting registration. They can also supply basic household items until the household goods arrive during a change-of-station move and provide many other services.

Navy Relief Society
Navy Relief Society offices, located in nearly every naval installation, are staffed mostly by volunteers who provide emergency assistance to Navy personnel and their families. Assistance may be in the form of interest-free

loans, direct grants or a combination of both.



Other help includes the services of a Navy Relief nurse, assistance with transportation or housing, providing information on dependents' benefits, allowances, pensions and government insurance.

In addition to sponsoring Thrift Shops which sell used articles in good condition at a low cost and distributing infant layettes, the society advises families about community resources such as help for handicapped children, special schools, welfare aid and related services.

Navy Wives Club of America
No one understands better what it's really like to be a Navy wife than another Navy wife. The easiest way to get in touch with other Navy wives is through the Navy Wives Club, a proven, invaluable source of new friends and information about your new home.

Additionally, these clubs have continuing community projects and other activities which can offer great personal satisfaction.

Navy Wifeline Association
The Navy Wifeline Association, a volunteer informational and educational organization of Navy wives, is open to all wives and widows of Navy personnel. The association publishes informative booklets concerning social



GIFT—Mr. John H. Durgess, (left), Past President, Branch 87, Fleet Reserve Association, paid a recent visit to the medical center to present a \$50 check from the association to NRMCO's recreation fund. Accepting the gift was Command Master Chief Charles Dackerman.

EMT refresher offered soon

The Emergency Medical Technician—1A refresher course will be offered Aug. 4-7 to all interested personnel. Request for attendance must be submitted no later than July 30. For further information please contact Hospital Corpsman Second Class Don Brittain, at Ext. 2003.

Former REPOSE medics asked to call

Medical personnel who receive casualties and/or were assigned morgue duty aboard the USS REPOSE during September and October 1969 are requested to contact Major Dennis Lister, at autovon 224-1103, commercial 202-694-1103.

Information desired concerns United States Marine Corps Casualty Resolution Functions, SEA.

customs, touring and protocol overseas.

Wifeline is a quarterly magazine distributed to Navy family housing areas, commissaries and exchanges, as well as hospitals, ships and individuals upon request.

Navy Sponsor Program
The Navy Sponsor Program helps to prepare in advance any special services the family may need when changing permanent duty stations. A "pen pal," already living at the new duty station can send information, answer questions and help pave the way for your family's arrival because he or she is already in the community where you'll be living.



Family Ombudsman
The ombudsman is a liaison between command family members and officials of the Navy in settling grievances when normal procedures are unsatisfactory. Knowledgeable about all avenues of assistance to Navy families, the ombudsman can assist in getting needed help.

Any volunteer Navy spouse may serve as ombudsman, but should be

willing to sacrifice time and also be willing to listen with an impartial ear to other people's problems.
(To be continued.)

NEESA is new

The Navy Energy and Environmental Support Activity (NEESA) was established on July 1.

The new activity, located at the Construction Battalion Center, Port Hueneme, Ca., seeks a better integrate Navy endeavors in energy and environmental matters.

NEESA will provide environmental protection and energy conservation support services to commands throughout the Navy. Data processing, training, technology transfer, and information services are examples of NEESA's support in these areas.

Reward

\$100 cash reward is offered for information leading to the recovery of stolen Hasselblad camera equipment (and other items) from the Med Photo Lab on or about July 8. Contact HM2 Hershenzon at Ext. 2200.

1980 - 1981 Interns

Naval Regional Medical Center, Oakland



HENRY G. ADAMS
University of Nebraska



SHELLEY L. ADAMS
University of California, Davis



RICHARD C. BERGLUND
Rush Medical College



ANN E. BIDWELL
University of Kansas



BARRY D. COHEN
Tulane University



CLARA S. CREIGHTON
Medical University of South Carolina



MICHAEL G. FOGARTY
Kirkville College of Osteopathic Medicine



STEPHEN B. FREEMAN
Indiana University



THOMAS J. GELLER
St. Louis University



STEPHEN D. GIEBNER
Medical College of Georgia



JOSEPH M. GRANT
New Jersey Medical School



MARTIN J. GRIGLAK
Georgetown University



JEAN A. GRUETER
Medical College of Wisconsin



MARY E. HARTMAN
University of Miami



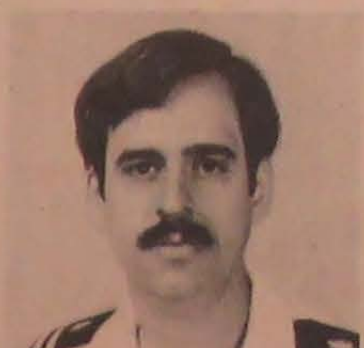
KEVIN J. HEALY
University of Iowa



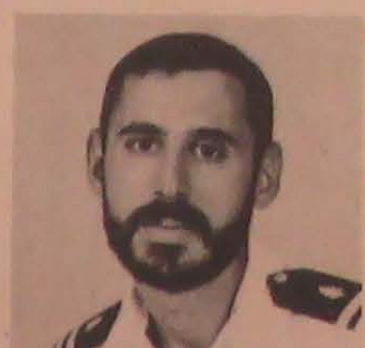
ERICK J. HILL
University of Heidelberg



QUINCE L. MABRY
University of Oregon



JOHN K. MACKEY
University of Missouri, Columbia



RONALD A. MARCUS
Georgetown University



THOMAS E. MARFING
Medical College of Virginia



MICHAEL J. MCAULIFFE
Georgetown University



DENNIS E. MCBRIDE
University of Iowa



STEPHEN A. MEYERS
Texas College of Osteopathic Medicine



CAROLYN F. MISCHER
University of Texas-Southwestern



THOMAS J. GELLER



JOHN K. MACKEY



RONALD A. MARCUS



THOMAS E. MARFING



MICHAEL J. MCAULIFFE



DENNIS E. MCBRIDE



STEPHEN A. MEYERS



CAROLYN F. MISCHER



JOHN D. SLIGHTAM
Ohio State University



MARK D. STANLEY
University of Iowa



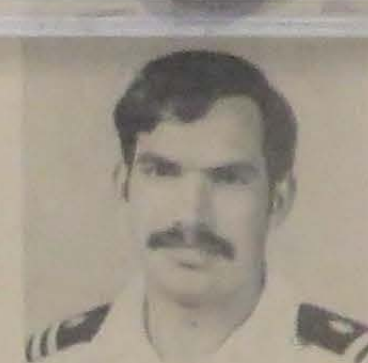
JEFFREY D. UPTON
University of Nevada



RAMON A. URDANETA
Tulane University



GERARD A. VAN HOUDT
University of Washington



JOSEPH M. WENTZELL
University of Rochester



JAMES K. WICKERSHAM
University of Southern California



JAMES C. WILSON
Tufts University



DAVID S. YOUNG
University of Oklahoma



ANDREW P. ZASADA
St. Louis University



EDWARD R. ZECH
Creighton University



Dental General Practice Residents



STEVEN C. BRYAN
University of Florida



GLEN E. DOYON
University of Pennsylvania



SCOTT J. HADAWAY
Ohio State



DONALD L. INGALLS
University of Alabama



GEORGE D. MacKENZIE
Emory University



Welcome aboard!



ON-THE-JOB—Nurse Corps Lieutenant (junior grade) Brian Cantamessa is back on his regular duty in the Intensive Care Unit following a lengthy deployment aboard the USS OKINAWA (LPH-3) in the Indian Ocean.

Nurse in spotlight

Recently deployed

Nurse Corps Lieutenant (junior grade) Brian Cantamessa, normally assigned to Ward 6 East (Intensive Care Unit) at Oak Knoll, was away from his normal duty assignment for almost four months this year while he served as a member of Surgical Support Team No. 8 in the Indian Ocean.

Except for the hardship of separation from family and friends, the lieutenant found the temporary duty "an enjoyable, well-rounding experience. I would cheerfully do it again." (See inset for highlights of his duties aboard ship and foreign ports visited.)

Lieutenant Cantamessa was selected as "Nurse in the Spotlight," however, not only because of this interesting deployment, but, as one senior nurse put it, "(he) contributes to team efforts and is cooperative with the entire health care team." She added that he is eager to learn and do his share, has a positive attitude toward the Navy, is witty, knowledgeable, congenial, reliable and concerned.

Another nurse describes him as "over 1,000" in enthusiasm... "always there to lend a helping hand... intelligent... a devoted family man with a unique sense of humor."

The male nurse has eight years of Navy service, more than two at Naval Regional Medical Center Oakland. He holds the National Defense, Navy Good Conduct, Navy Expeditionary, Battle Efficiency "E," and has been nominated for a Navy Unit Commendation along with other members of the surgical and surgical support teams.

The son of Mr. and Mrs. Bruno Cantamessa calls Elmont, N. Y. his hometown. He, his wife, Sueanne, son Derek, 9, and daughters Alyson, 2½, and Karyn, 9 months, make their present home in Alameda.

"After about five years of nursing experience," he said, "I would like to return to school, maybe anesthesia or practitioner."

Lieutenant Cantamessa received his R. N. from Kings County Hospital Center School of Nursing.

He plays racquetball... and "likes to jog... every three or four months."

Trip highlights

On Feb. 20 Lieutenant (junior grade) Brian Cantamessa detached from Naval Regional Medical Center Oakland with a surgical support team heading for the Indian Ocean. After a 30-hour flight, the team landed in the Philippines where they boarded the USS OKINAWA (LPH-3). The medical complement of the ship, including the newly arrived surgical support teams from Oakland and San Diego, was comprised of 30 physicians, three Nurse Corps officers (an operating room nurse and a nurse anesthetist from San Diego and Lieutenant Cantamessa, the intensive care nurse), and 16 corpsmen. Also on board were 1,200 Marines and a crew of 500.

While deployed, the medical team treated 50 surgical cases, 15 of them major, including a massive gastrointestinal bleeding, several severe traumatic injuries and electrical burns. All the ship's personnel joined in to save the life of one Navy man, who required more than 20 units of blood, underwent major surgery and was on a ventilator for several days. Both Navy and Marine Corps members donated their blood and everyone seemed truly concerned, readily volunteering for any task in their all-hands effort to save the patient's life. Lieutenant Cantamessa, who cared for the man while he was in intensive care, was assisted by a Medical Service Corps officer who had once been a Chief Hospital Corpsman.

Other highlights of the deployment for the Oak Knoll nurse were a "brush with death" when he was on a MEDIVAC flight and the traditional initiation upon crossing the equator. There were also port calls at Singapore and Thailand and a five-day liberty in Perth, Australia, where the citizens were very receptive to the visiting Americans.

Of the 53 days "on station," Lieutenant Cantamessa says, "It was easy because I brought a pretty good bunch of corpsmen with me. Everyone pulled together and put in a team effort whenever needed."

Two Navy wives cited for voluntary service

The Navy Relief Society has presented awards to two local Navy wives who have each contributed 100 hours of volunteer service to the society's East San Francisco Bay Auxiliary.

Recently receiving pins in recognition of their efforts were Connie McCleary, wife of Lieutenant (junior grade) Myron McCleary, and Sueanne Cantamessa, wife of Lieutenant (junior grade) Brian Cantamessa.

Mrs. McCleary volunteers in the Thrift Shop and Mrs. Cantamessa is the auxiliary's visiting nurse.

Program set for lung seminar

Speakers and program have been announced for "All About Your Lungs," a free pulmonary information seminar to be held at Oak Knoll on four consecutive Wednesday evenings, beginning Aug. 6.

The seminar, sponsored by the Naval Regional Medical Center Oakland Internal Medicine Department and the Lung Association of Alameda County, will be held from 7 to 8:30 p.m. in the third floor conference room (opposite the Clinical Assembly) of Bldg. 500.

Following is the schedule:

Aug. 6—Common Lung Disorders

Chronic Obstructive Lung Disease: Commander John Beamis, Medical Corps, U. S. Navy, Head, Chest Medicine Branch
Asthma: Hospital Corpsman Second Class Laura A. Christensen, U. S. Navy, C—CPT, Cardiopulmonary Laboratory
Lung Cancer: Lieutenant Sheila Brennan, Nurse Corps, U. S. Navy, Oncology Nurse Practitioner

Aug. 13—Breathing Improvement

COPD Rehabilitation: Ms. Lynn Brechtel, RPT (retired Medical Service Corps Lieutenant Commander, U. S. Naval Reserve), Physical Therapy Department, Eden Hospital

Aug. 20—Treatment of Lung Disorders

Drug Therapy: (To be announced)
Home Therapy: Hospital Corpsman Third Class Sandy Wolf, U. S. Navy, Respiratory Therapy, Cardiopulmonary Laboratory

Aug. 27—Smoking: How to Stop

Film
Smoking and the Heart: Lieutenant Commander Roger Vielby, Medical Corps, U. S. Naval Reserve, Cardiology Department.
Questions and Answers: Dr. Beamis and staff

LCDR Muse

Looking to the next 21 years

Lieutenant Commander T. Michael Muse, former Charge Nurse in the Otorhinolaryngology Clinic, retired late last month—after 21 years naval service.

Commander Muse began his medical career as an enlisted man. He was among the first 25 persons selected to participate in the Navy Enlisted Nursing Education program in 1966. He earned a bachelor of science degree in nursing through Ohio State University and was commissioned into the Navy Nurse Corps in 1970. Prior billets include: Corpus Christi, Pearl Harbor, St. Albans, Key West, Bethesda, and Great Lakes.

The retired Naval Officer attended Corps School at Great Lakes, Medical Technician School in Corpus Christi, Medical Administrator School in San

Diego, and received training as a Readiness Awareness Facilitator under the Navy's Equal Opportunity Program in 1973. He was assigned to Oak Knoll in late 1977.

"The Navy has given me a great 21 years... the experience will equip me to pursue the next 21 years productively," the commander said in speaking of his naval career.

He is currently working towards a law degree through the Golden Gate University School of Law. He plans to continue his medical career—in the meantime—in the field of nursing administration.

The son of Ruth H. Muse of Williamsport, Pa. lives in Oakland with his wife, Deborah, and their son, Damien. He enjoys golf and photography in his spare time.



BEST WISHES—Lieutenant Commander T. Michael Muse, former charge nurse for the ENT Clinic received letters of appreciation from the Surgeon General and Director of the Navy Nurse Corps and a letter of Commendation from Rear Admiral Walter M. Lonergan, Commanding Officer of Naval Regional Medical Center Oakland during retirement ceremonies June 30. Wife, Deborah, looks on as Radm. Lonergan makes the presentation.

Friday, July 18, 1980

THE OAK LEAF



IN SCOUT TRADITION—Members of Boy Scout Troop 815—from Walnut Creek and Danville—under the leadership of Ken Habiger (center), collected boxes of paperback books

for donation to Oak Knoll's General Library. Participating in the project were: (l to r) Steve Conlon, Craig Ohman, Ken Habiger, Rick Habiger and Jim Bollinger.

Scouts collect books for Oak Knoll

By Barbara Arnott

The Boy Scouts of Troop 815 in nearby Danville did themselves proud last month and Oak Knoll's General Library, its patrons and patients will reap the benefits of their good deed. Ken Habiger, who is working towards attaining the rank of Eagle Scout, led five of his fellow Scouts in a project to collect paperback books from hundreds of households in the Walnut Creek-Danville area.

The boys, all students at San Ramon High School, were obviously persuasive—on June 30, they entered the library safari-style carrying box after

box filled with books. Ken informed me, that there was not one duplication of title and all the books were in excellent condition. There was a bonus of guitar music books and sheet music and these will be available for loan at the library. The boys spent about six weeks on the project and deserve thanks and congratulations for a job well done.

Paperback books are checked out in the library on a trading basis—bring in yours and trade for someone else's—no charge! They are checked out to patients by ward book cart service and are also delivered on special request.

---Comings and Goings---

"Fair winds and following seas" to the following personnel who have departed this command:

Lieutenant Sandra Youmatz, Nurse Corps, released from active duty.

Lieutenant William Nunns, Nurse Corps, to Subic Bay.

Lieutenant Mariel Wooley, Nurse Corps, released from active duty.

Lieutenant (junior grade) Randall Howe, Medical Service Corps, released from active duty.

Mess Management Specialist First Class Donilo B. DiMalanta, transferred to sea duty.

Lieutenant Commander Gordon McCamley, Medical Corps, to Long Beach.

Lieutenant Arthur Dumont, Medical Corps, to Memphis.

Lieutenant Stephen Somerville, Medical Corps, to Roosevelt Roads, P.R.

Commander Leonard Campbell, Medical Corps, released from active duty.

Lieutenant Commander Robert Brisbois, Medical Corps, released from active duty.

Lieutenant Edward Brown, Medical Corps, to Long Beach.

Lieutenant Curtis Bryan, Medical Corps, to Okinawa.

Lieutenant Jerry Roberts, Medical Corps, to Subic Bay.

Lieutenant Kristine Batten, Medical Corps, to Letterman Army Medical Center.

Lieutenant Judith Ruymen, Nurse Corps, released from active duty.

Lieutenant Scott McCormick, Nurse Corps, released from active duty.

Lieutenant Commander Charles Bareham, Medical Corps, to Yokosuka.

Lieutenant Commander Swe Aye, Medical Corps, released from active duty.

Lieutenant Commander James Bailey, Medical Corps, released from active duty.

Lieutenant Commander Michael Laffin, Medical Corps, released from

active duty.

Lieutenant James Christie, Nurse Corps, to Yokosuka.

Commander Bolar Rao, Medical Corps, to San Diego.

"Welcome aboard" to newly arrived:

Lieutenant James Davis, Medical Corps, Ophthalmology resident.

Ensign Michael Mozzetti, Clinical Clerk.

Ensign Neal Jacobson, Clinical Clerk.

Ensign Wayne Easter, Clinical Clerk.

Lieutenant Commander Thomas Tomzak, Medical Corps, OB/GYN resident.

Ensign Michael Ambrose, Clinical Clerk.

Ensign Douglas Riehle, Clinical Clerk.

Ensign Edward Jewell, Clinical Clerk.

Lieutenant Rosemary Jenkins, Medical Corps, Pathology resident.

Commander Shirley Hicks, Nurse Corps.

Commander Kenneth Scheidt, Medical Corps, ACDUTRA, CIC.

Lieutenant Lewis Papp, Medical Corps, Pediatrics staff.

Lieutenant Michael McDonald, Out-patient Department.

Lieutenant Harold Strunk, Medical Service Corps, ACDUTRA.

Lieutenant Commander George Swanson, NRMCM Guam, TAD here for two months with ENT Service.

Eleven promoted

Eleven Nurse Corps officers of this command have recently been promoted.

Carrying the new rank of Lieutenant are: Kirstan Bliss, Suzanne Drebing and Myron McCleary.

Promoted to Lieutenant (junior grade) were: Marci S. Boswell, Gregory L. Dyson, Adelina S. Gage, Robert J. Marine, Betsy E. McElroy, Linda A. Roncaoli, Janice F. Stromberg and Julie A. Wierzbowski.

SOM finds job enjoyable, fruitful

Hospital Corpsman Second Class (HM2) Aurelio B. Picart, Operating Room School Instructor, was selected as Naval Regional Medical Center Oakland's Sailor of the Month (for June).

Petty Officer Picart—a six year veteran—came to Oak Knoll in early 1979. He has held prior billets in Okinawa and Camp Pendleton. He has attended Corps School, Operating Room Technician School and Instructor's School and says he hopes to attend Independent Duty Technician School or obtain training in Nuclear Medicine.

The Navy man views his selection as "quite an honor" and acknowledged the leadership of his department as being instrumental in maintaining a high degree of professionalism in his work. "I am thankful for the support that my superiors have given me... it's made my job as an instructor both enjoyable and fruitful," he stated.

The native of San Mateo, Isabella, Philippines lives in San Lorenzo with his wife, Wilhelmina, and their two children Hazel and Allen and his father Alfonso. He enjoys tennis and fishing in his spare time.



HM2 Picart

Kudos.....

Letters of Commendation

Lieutenant Sandra Youmatz, Nurse Corps

Mess Specialist First Class Donilo B. DiMalanta

Lieutenant Commander Lee Rollison, Nurse Corps

Lieutenant James Christie, Nurse Corps

Letters of Appreciation

Lieutenant William Nunns, Nurse Corps

Lieutenant (junior grade) Randall Howe, Medical Service Corps

Lieutenant Judith Ruymen, Nurse Corps

Mrs. Mary Passanisi, Red Cross Volunteer

Mr. Alfred Abastillas, Supply Service

Lieutenant Commander Swe Aye, Medical Corps

Lieutenant Commander James Bailey, Medical Corps

Lieutenant Commander Michael Laffin, Medical Corps

Residency Certificates

Lieutenant Commander Gordon McCamley, Medical Corps

Lieutenant Arthur Dumont, Medical Corps

Commander David Feters, Medical Corps

Lieutenant Commander John

Compagno, Medical Corps

Lieutenant Stephen Somerville, Medical Corps

Commander Raymond Beastall, Dental Corps

Lieutenant Edward Brown, Medical Corps

Lieutenant Commander Eugene McLaurin, Medical Corps

Lieutenant Curtis Byran, Medical Corps

Lieutenant Jerry Roberts, Medical Corps

Lieutenant Kristine Batten, Medical Corps

Lieutenant Commander Douglas Hein, Medical Corps

Lieutenant Robert Malstrom, Medical Corps

Captain Rives Chalmers, Medical Corps

Lieutenant Commander Charles Bareham, Medical Corps

Lieutenant Commander John Howard, Medical Corps

Fellowship Training Certificate Commander Bolar Rao, Medical Corps

Good Conduct Awards

Machinist's Mate First Class (Sub Service) Joe A. Adair, III, BuMed EOP Detachment (second award).

Hospital Corpsman Second Class Patrick J. Joyce, Surgery Service.

BuMed doctors visit Oak Knoll

Commander Frederic L. Jackson, Medical Corps, Head, Aerospace Medicine Operations Branch, BuMed, and Commander Malcolm K. Mewha, Medical Corps, Head, Submarine and Diving Medicine, BuMed, visited Naval Regional Medical Center Oakland on Wednesday.

Doctors Jackson and Mewha addressed all interns and other staff physicians on operational medicine objectives, occupational and preventive medicine opportunities, future plans, problems and career opportunities.



OCTOGENERIAN—Mrs. Elizabeth W. Scott, Red Cross Volunteer, recently celebrated her 88th birthday. The staff on the Pediatric Ward gave the woman a surprise party to help celebrate the occasion. Mrs. Scott has worked with the Red Cross since World War I and has been a volunteer here for 26 years.

Classifieds

(Editor's Note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted, in duplicate, typed in caps and lower case letters and limited to 20 words or less. No new ads taken by phone; renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, the week before publication.)

Stereo Equipment

JVC receiver with equalizer. Technics turntable, Sanyo cassette deck, Fisher speakers. \$750 or offer. Call 582-3404 after 5:30 p.m.

Relocating?

Did you know there is a large collection of Welcome Aboard pamphlets in the General Library? Whether you're headed for Bremerton, Groton, Miramar or Yokosuka, you can read up on your future station.

★ ★ ★ MOVIES ★ ★ ★

Friday, July 18, 6 p.m.—SAME TIME NEXT YEAR—Alan Alda, Ellen Burstyn—Romantic Comedy/PG

Saturday, July 19, 2 p.m.—PINOCCHIO—Animated Cartoon—Fairy Tale/G

Saturday, July 19, 3:35 p.m.—THE LOVE BUG—Dean Jones, Michele Lee—Comedy/G

Sunday, July 20, 6 p.m.—ZERO TO SIXTY—Sylvia Miles, Darrin McGavin—Comedy/PG

Monday, July 21, 6 p.m.—THEY WENT THAT-A-WAY AND THAT-A-WAY—Tim Conway, Chuck McCann—Comedy/PG

Tuesday, July 22, 6 p.m.—SATURN 3—Farrah Fawcett, Kirk Douglas—Sci-fi/R

Wednesday, July 23, 6 p.m.—SILENT SCREAM—Rebecca Balding, Cameron Mitchell—Horror/R

Thursday, July 24, 6 p.m.—MOUNTAIN FAMILY ROBINSON—Robert Logan, Susan Demante Shaw—Adventure/G

Friday, July 25, 6 p.m.—C. H. O. M. P. S.—Wesley Eure, Valerie Bertinelli—Comedy/PG

Saturday, July 26, 2 p.m.—THE LITTLE MERMAID—Animated Cartoon—Classic/G

Sunday, July 27, 6 p.m.—THE KENTUCKY FRIED MOVIE—Evan Kim, Master Bong Soo Han—Satire/R

Monday, July 28, 6 p.m.—CIRCLE OF IRON—David Carradine, Christopher Lee—Martial Arts/R

Tuesday, July 29, 6 p.m.—THE BLACK MARBLE—Robert Foxworth, Paula Prentiss—Comedy/PG

Wednesday, July 30, 6 p.m.—BOG—Gloria DeHaven, Aldo Rey—Horror/PG

Thursday, July 31, 6 p.m.—BRIGHAM—Maurice Grandmaison, Charles Moll—Action/PG

— Football season soon —

It's later than you think—Flag Football season is just around the corner!

The 1980 season is tentatively scheduled to start the first week in September and entry forms will soon be available from Special Services.

Coach needed

In the meantime, a coach with some experience is needed to coach the 1980 Varsity Flag Football team.

If you are interested, call Ron Brown at Ext. 2350.



Men's golf tourney slated for Moffett

Persons interested in competing in the Eleventh Naval District North Men's Golf Tournament, Aug. 11-14, should contact Ron Brown, Ext. 2350, no later than July 28. This will be an 18 hole event of medal play to be held at Moffett Field.

The tourney finals will be for the lowest 16 medal scores (plus ties) in the Open Division and the lowest eight scores (plus ties) in the Senior Division.

The Open Division includes all male golfers junior in age to the Senior Division. The Senior Division is comprised of male golfers who have reached their 40th birthday on or before Aug. 11.

NSGA and local course summer rules will govern the tournament. The club professional will decide questions on course rules and regulations.

Women's Golf at MI

Persons interested in competing in the Eleventh Naval District North Women's Golf Tournament, Aug. 4-5, Naval Support Activity, Mare Island, should contact Ron Brown, Ext. 2350.

Official and local course summer rules will govern the tournament. The club professional will decide questions on course rules and regulations.

Green fees, tournament balls and awards will be provided by the Recreation Section.

Local talent appearing at the Porthole

Guitarist-vocalist Erin Andres will appear with "Star Trooper" at the Porthole July 25. The "high energy

rock" group appears frequently at the enlisted club and other nite clubs around Hayward.

Andres, who heads the group, cut his first single in 1978. "I'm supporting myself as a technician, but music is my real vocation," he explained. "I hope to emerge locally, and see where the music takes me from here... the Bay Area is definitely the place to start a career in music."

The musician—a civilian employee in Otorhinolaryngology Service—is a former Navy Corpsman. He was assigned here out of Corps School in 1974 and returned to Oak Knoll in 1977 after completing his enlistment.

Erin lives in San Leandro with his wife Shawn—also a former Navy Corpsman. He enjoys tennis and is versed in keyboards, drums, alto sax, lead and bass guitar.



Erin Andres



Little acorns...

The following new additions to the Naval Regional Medical Center Oakland "family" have arrived at Oak Knoll:

A baby girl to Lieutenant Commander Robert Woodruff, Anesthesiology Service, and his wife, Terri, May 23.

A baby boy to Hospital Corpsman Third Class Dale Johnson, Labor and Delivery, and his wife Doreen, June 12.

A baby boy to Hospital Corpsman Third Class Teofilo V. Igama, 9 West, and his wife Tessie, June 20.

A baby boy to Hospital Corpsman Third Class Victor G. Bonilla, ENT Clinic, and his wife Leslie, June 26.

A baby girl to Lieutenant Michael Tedesco, OB/GYN, and his wife Roseann, June 28.

Limited discount tickets here for Chinese exhibit

Special Services is taking orders now for advanced sale tickets to the Exhibition of The Peoples Republic of China which will be in San Francisco only for a short time this fall. The exhibition, valued at over \$3.5 million, will feature antiquities from the ancient Silk Road and collections of famous Chinese emperors.

You will be able to see master craftsmen at work... a calligrapher, a seal maker, painter, paper sculptor, and glassblower using the techniques of ancient times. A retail store will offer a wealth of consumer goods of all sorts. All kinds of industrial products, including tools, electronic and pharmaceutical materials will be on display.

There will even be a Chinese Garden Restaurant where master Peking chefs will tempt you with delicious foods. And if all this isn't enough, you will be able to see acrobats, people in imperial costumes, ancient armor, films and demonstrations.

Naval Regional Medical Center Oakland has reserved tickets for Friday, Sept. 26, from 6-9 p.m. or for Saturday, Sept. 27 from noon till 3 p.m. All tickets are at the low discount price of \$4.00 each. There is an extremely limited supply of these available so they will be sold at a first come, first served basis.

All tickets must be paid for at the time the order is placed.

Summer specials at SD's Sea World

Military personnel and their families are invited to take advantage of special Sea World discount admissions during Military Summer Special, July 19 to Sept. 7.

A \$2 discount off regular admission price is offered to all military families with coupons, obtainable only at Special Services offices. Admission with the coupon will be \$6.50 for adults, and \$3.25 for children four through 12. Children under four are admitted free.

Highlighting military families' visits to the marine park will be the all new Shamu the killer whale show, "This is Shamu" and the "Camp Lotsawadda" show featuring new antics of Sea World's bottlenosed dolphins. The backwoods feats of northwest lumberjacks have recently returned with the summer showing of the "Canadian Lumberjack Show."

Concerts scheduled at San Diego

Coming soon to the San Diego Wild Animal Park...

Aug. 1-3
JAZZ Festival
Willie Bobo featured

Aug. 16-17
Bluegrass Festival

Aug. 23
U. S. Navy Steel Drum
Band Performances

Aug. 30-Sept. 1
Glen Yarbrough and the Limelites
Daily entertainment by the Trinidad Calypso Steel Drum Band and limbo dancer excluding Mondays.

Singers wanted

Chapel choirs for the 10:30 a.m. Protestant Worship Service and the noon Catholic Mass are being formed and personnel who have an interest in singing are needed.

Rehearsals for these choirs will be held one-half hour before each service and will be conducted in Chapel of Hope on the third floor of the hospital. Rehearsals will begin as soon as enough people show interest.

If you would like to sing in the chapel choir, please speak with one of the Chaplains.

Chess play coming

Persons interested in competing in the Eleventh Naval District North Chess Championships, Aug. 9-10, at the Naval Support Activity, Mare Island Library, Bldg. 545, should contact Ron Brown, Ext. 2350.

All military personnel ordered to active duty in the Navy, Marine Corps and Coast Guard for a period of more than 90 days for other than training purposes are eligible to participate in this tournament.

Contestants are required to bring their own chess sets and clocks. A limited supply will be available for use.

**Ride rapids,
pan for gold,
Aug. 23-24**



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Vol. 42, No. 16

Friday, August 1, 1980

VAdm. Arentzen retires; RAdm. Cox selected SG

Vice Admiral Willard P. Arentzen retired from the Navy yesterday at a 10 a.m. ceremony held at National Naval Medical Center, Bethesda, Md. Present for the occasion was Rear Admiral J. William Cox, who has been nominated for three stars and selected to fill the position of the Navy's 28th Surgeon General.

As of this writing, VAdm. Arentzen's future plans have not been announced. His nominated successor comes from duty as Commanding Officer, Naval Regional Medical Center (NRMC) San Diego. VAdm. Arentzen, who obtained his medical doctorate from Hahnemann Medical College in Philadelphia, completed nearly 40 years of naval medical service. He has headed the Navy's Bureau of Medicine and Surgery since 1976.

St. Louis native

RAdm. Cox was born in St. Louis, Mo. on Aug. 31, 1928. He attended the College of Arts and Sciences of both St. Louis and Washington universities in that city for premedical work, and in 1952, received his medical doctorate from St. Louis University.

In 1949, while in the school of medicine, he received a concurrent appointment as Associate in Physiology (Research) in that department. In 1950, he was concurrently registered in the Graduate School of St. Louis University as a U. S. Public Health Service Predoctoral Fellow (1950-51) and as a Postdoctoral Fellow of the same service (1951-53). He received the Borden Award for Medical Research in 1951. The degree, Doctor of Philosophy was conferred in 1953. His major was physiology with minors in anatomy and pathology. In 1953 he was appointed Director of Research Laboratories of the Veterans Administration hospitals in St. Louis.

USNR appointment

He was appointed Lieutenant (junior grade) in the U. S. Naval Reserve on Feb. 12, 1954 and commissioned Lieutenant, Medical Corps, U. S. Navy, in 1956, subsequently advancing to flag rank in the same corps.

After receiving his appointment in 1954, he interned at Naval Hospital, San Diego and later joined the staff as Head of the Cardiopulmonary Laboratory, Officer in Charge of the Chest Disease Branch, and Lecturer in Basic Sciences at the same hospital. In 1956, he was appointed to second year level residency training in Internal Medicine, completing his training in 1959, at which time he was reassigned to staff as a Medical Branch supervisor.

In 1961, he reported as Director of Clinical Services and Chief of Medicine at the U. S. Naval Hospital, Subic Bay, Republic of the Philippines. He then joined the staff of Naval Hospital Philadelphia in 1963 as Head, Cardiovascular, Pulmonary and Communicable Disease Branch and later as Chief of Medicine and Director of Research. He joined the staff of the Bureau of Medicine and Surgery in 1970 where he served first as Assistant Head and then Head of the Training and Clinical Services Branch, Professional Division, before assuming command of the Naval Medical Training Institute in 1973, and in 1974, command of the Naval Health Sciences Education and Training Command, National Naval Medical Center, Bethesda, Md.

Special Assistant

From 1971 to 1977, RAdm. Cox was also the Bureau of Medicine and Surgery's Special Assistant for Medical Department Education and Training, and Special Assistant for Medical Education and Training in the Office of the Chief of Naval Operations.

RAdm. Cox is a diplomate of the American Board of Internal Medicine and a fellow of the American College of Chest Physicians and the Philadelphia College of Physicians. He served as the Surgeon General's alternate to the Board of Regents of the National Library of Medicine until 1978. Up to the

present time he has also served as the Surgeon General's alternate to the House of Delegates of the American Medical Association (AMA).



RADM John William Cox

Other professional memberships

He was treasurer and trustee of the American College of Cardiology from 1974 to 1979. Other professional memberships include the Executive Council of the Association of Military Surgeons of the U. S., the National Medical Audiovisual Center Advisory Committee, the National Board of Medical Examiners, the American Heart Association, and Chairman of the Section Council on Federal and Military Medicine of the AMA. He is also a member of the Research Society of Sigma Xi, the Society of Medical Consultants to the Armed Forces, and the National Medical Veterans Society. He is a member of the Advisory Committee on Continuing Physical Evaluation of the National Board of Medical Examiners, alternate DoD member on the Graduate Medical Education National Advisory Committee, and is Chairman of the Association of Section and Service Delegates of the AMA.

RAdm. Cox has held faculty appointments at St. Louis University in the Department of Physiology and at Thomas Jefferson University School of Medicine, Philadelphia, as Associate in Medicine (1963-64), Assistant Professor of Medicine (1964-67), and Associate Professor of Medicine (1968-73). He has numerous articles, chapters and reports in medical research and clinical literature, and has presented papers and exhibits before scientific sessions of national research and medical specialty societies. He served on the General Medicine Group B Study Section of the National Institute of Health from 1967 to 1973. He was a member of the Heart House Learning Center Curriculum Committee of the American College of Cardiology and served as the Surgeon General's representative to the Secretary of the Navy's Advisory Board on Education and Training until 1977.

He holds the National Defense Service Medal (with bronze star in lieu of

Enrollment begins today

Today marks the beginning of the enrollment period for DEERS—Defense Enrollment/Eligibility Reporting System—at Naval Regional Medical Center Oakland and other military installations in an area known as Central West Coast, which covers a portion of Nevada as well as Northern California and the entire state of Oregon.



The enrollment here is being handled by the Personnel Support Detachment staff in Bldg. 105. They are assisted by a representative of Electronic Data Systems, the firm hired under Defense Department contract to implement the new computerized system aimed at identifying ineligible persons who have been fraudulently using health care intended only for military members and their dependents.

Active duty staff members need not enroll themselves as this will be done for them automatically through service records already on hand. It is imperative, however, that servicemembers take immediate action to enroll their dependents, officials declare. This may be accomplished by calling at the Personnel Support Detachment office and completing DD Form 1172 (Application for Dependents ID Card). Unless these papers have been previously presented and are verified in official records, it will be

necessary for each sponsor to provide legal documentation in the form of marriage and/or birth certificates, adoption papers or other supporting data proving eligibility.

"This dependent enrollment is the sponsor's responsibility and must be performed during this period to ensure continued health benefits for his or her family," one spokesman said, adding, "It is also very important that the correct social security numbers are recorded; otherwise, there may be delay in the future when eligibility is being checked."

Servicemembers with questions about the system or enrollment may call Ext. 2027. Additionally, readers are invited to share their questions with *Oak Leaf*. We'll make every effort to get the correct answer and plan to publish "DEERS Qs and As" as a regular feature during the enrollment/eligibility periods.



Captain Takaki to retire

Terminal leave begins today for Captain Norman Katsumi Takaki, chairman of Obstetrics and Gynecology, (OB/GYN), as he prepares to retire from the Navy, effective Oct.

As a civilian, Dr. Takaki will be associated with Dr. Ronald Potter, who has been in medical practice inameda for 20 years, and will be specializing in obstetrics as well as gynecology and infertility work.

Born in Honolulu, where his parents

Dr. and Mrs. Herbert S. Takaki still live, the outgoing chairman attended school in Japan, then returned to Hawaii where he studied at Mid Pacific Institute. He next attended the University of Hawaii, earned a bachelor of arts in 1954, and a couple of years later, a bachelor of science from University of North Dakota. His medical doctorate was conferred by the University of Kansas in 1958 and he was later named Best Intern of 1959 at Miller Hospital, St. Paul, Minn.

Continued to page 3

Continued to page 5

Editorial ---

Our patients write...

"This is not only a thank you letter, but a commendation lauding the skills and medical and surgical expertise of a group of Navy medical people who literally saved the life of my daughter, Mary Frances Carter, on the night of June 13, 1980.

"Led by Dr. (Lieutenant Commander Harold R.) Bohman, this group of approximately 20 people labored for over eight hours repairing the damage done by several stab wounds. She is recovering at this time and appears to be 'out of the woods.' If all goes well, and I'm sure it will, she should be discharged in 10 to 14 days.

"I could not let this event pass without a sincere thank you to Dr. Bohman and his team for their miraculous work and intensive care. My daughter Mary Frances certainly extends her thanks and gratitude to all the personnel who aided her. Further, I compliment the medical personnel for their cooperation and assistance.

"Finally, I should like to extend my thanks and appreciation to the people who provided the intensive care, as well as those who provided nursing services on 6th West Wing. These people deserve more than a 'Well Done.'"

William H. Carter, USN (Ret.)
Fairfield, CA

★★★★★★★★★★

Thump on the rump teaches 'hard' lessons

A couple of issues ago we published an editorial on the growing lack of personal independence. In this edition we'd like to share some thoughts on the other side of the coin—about those who become dependent upon others through no obvious fault of their own.

The plight of helplessness, impatience and utter frustration became a sudden reality for this writer who recently fractured a right arm and suffered other minor bodily injuries in a fall down her own driveway.

These are the lessons learned from this experience:

• **Safety consciousness.** When one has worked for the military for nearly three decades, he or she has been exposed to hours of lectures and films on industrial and office safety, as well as literally reams of notices, bulletins and pamphlets on the same subject. Much of this educational media really "sinks in," and although we may not consciously realize it, most of us do practice safety on the job. We often get careless at home, however, falsely believing that we are without danger there, and sometimes take very stupid risks. In my instance, a worn-out pair of bedroom slippers without tread met up with a wet leaf on a steeply sloping driveway.

• **Gratitude for protective services.** At the time of this accident, the injured was home alone except for a small dog. The neighbors, most of them retired folks, were all apparently sound asleep. The answer, of course, was a call for help to the emergency "911" number. The law enforcement officer who answered my call of distress not only assured me that help was on the way, he gave several words of comfort and encouragement when I needed it most. Within five minutes, three members of Company C, Eden Fire Station, were at my door. The fireman/paramedic checked vital signs and immediately began to splint my arm while his partners radioed for an ambulance, turned off my radio, put out the lights, brought in the dog, filled his water dish, closed the drapes, found my purse, glasses and keys, and promised that they would not leave the premises until the property was completely secured. All of these people who were ready, able, willing—and so helpful were completely strangers to me. Their prompt and courteous assistance has mellowed me on the issue of property taxes and the necessity of fully-equipped and well-manned police and fire departments.

• **There's humor in adversity.** If you dig deep enough, you'll find humor in most every situation. At the time of my accident, I was as naked as the proverbial jaybird under a light, buttonless robe, and didn't even realize it until the nurse in the hospital's Emergency Room proffered a hospital gown "to get you decent!" Of course, I was instantly embarrassed but enjoyed a secret snicker as I visualized the spectacle I could have presented lying helpless in the driveway with that robe twisted apart and my bruised birthday suit exposed to the elements and any chance passersby (thank heavens the neighbors were all asleep)! Then there's the humor of trying to cope with a cast. One finds he or she can't dress alone. There are 'books to catch, buttons to close, hair to comb. Whoever volunteers to help the cripple is "bugged" incessantly with pleas to open bottles, snap this, close that, etc. In order to avoid being too much of a nuisance, you try all sorts of impossible things by yourself; you even begin to use your teeth to accomplish routine tasks. Those teeth pose their own problems, however—they have to be cleaned. Brushing left-handed when you're a right handed person is a major

FIGHT IT OUT IN THE VOTING BOOTH— IT'S THE AMERICAN WAY!



accomplishment in itself. Once in awhile you get into **real difficulty** when dental floss gets caught between your teeth. You can't extricate it single-handedly, so, looking like a newly-hooked fish, you walk down a flight of stairs with a yard of string hanging from your mouth in search of your helpmate. There are other surprises, like learning that husbands have strange ideas about dressing their wives. From force of habit presumably, men believe pantyhose should go on the same way as their own trousers—just grab them by the waist, step in and pull up! Bras seem also to offer a mysterious challenge to the male species. (NO! don't go on at the neck level to be fastened and then pulled down.) Female readers may be interested to learn that all the buttons on women's blouses and sweaters are on the wrong side—or so it seems to our menfolk. And then there's the case of the beloved but slightly liberal sister with whom one has argued conservative politics for years. She gloats in saying, "At last my sister is a left-winger!"—Oh my, the situation does offer humor.

• **Patience and appreciation.** It's not an easy hurdle being incapacitated, either temporarily or permanently, especially if you're the type of person who always wants to go it alone. It's a downright humbling experience, for example, not to be able to drive, to type at your usual speed, to lay out the newspaper "dummy," to take notes for a story and be able to read them later—even to prepare your own food or carry a tray. So, you swallow your pride and you ask for help. And co-workers such as Gwen Campbell, Beverly White, Rosalee Warren, Dan Lightfoot, Tom Payne, Herb Queller, Charlie Elmstead, Mary Takai, LaVerne Wintington and other similar kind-hearted souls respond and you learn to accept your infirmity and dependence gracefully, vowing that some day you'll repay them with a kind act of your own. Your helplessness makes you keenly aware of the everyday difficulties encountered by many patients of this medical center and others who are permanently disabled, and you empathize with them, counting your blessings that yours is only a temporary setback—one day soon you'll be back to function again at full capacity.

A broken bone heals in a period of six weeks or so. The memory of this experience like this lasts a lifetime. It is indeed a lesson in humility.

B. Beck

MSC marks 33rd year

The U. S. Navy's Medical Service Corps (MSC) will celebrate its 33rd anniversary on Monday, Aug. 4.

The corps has grown considerably since its formation in 1947. Today, over 1,850 officers serve in approximately 250 commands and staffs; at more than 20, they serve as commanding officers. In addition to the full spectrum of health care administration, MSCs serve in over 20 specialized allied health fields, ranging from aero physiology to sociology.

Members of the MSC come to their jobs with a variety of education and experience. Many come directly from graduate and professional schools while others are selected from qualified senior hospital corpsmen and dental technicians who compete for a limited number of openings each year. The blend of education and experience has earned MSCs a high reputation in both the civilian and military communities. In addition to being highly sought after following their military careers, they are highly regarded for their professional contributions to societies and academic institutions.

At Naval Regional Medical Center Oakland and its branch clinics, more than 75 MSCs serve in a variety of functions and are valued members of the health care team. We join with them in observing this anniversary and are pleased to recognize them for their dedicated service.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Louis U. Pulicchio, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Photography: HM1 Garry Silk, HM3 Rick Pappas, HM2 David Wm. Hershenzon

THE OAK LEAF is published biweekly on Friday produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan. 1974. Deadline for copy is Thursday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Navy tells its people: 'GET FIT!'

The Navy has instituted a number of directives concerning physical fitness over the past few years, but for various reasons, the desired results have not been forthcoming. A new program—this time with definite testing requirements and procedures—has been announced. The program makes individuals responsible for achieving and maintaining a requisite level of fitness and assigns to commands the responsibility for monitoring this fitness through a testing program.

The program—detailed in OPNAV instruction 6110.1A of July 17, 1980—couples physical fitness goals with fleet readiness, indicating physical fitness as a way of preparing oneself to withstand stress of prolonged activity, to endure fatigue, and to maintain combat readiness.

The new instruction addresses various problems of poor physical con-

dition and suggests programs of aerobic exercise, calisthenics, and competitive games, to help improve an individual's condition. Warm-up exercises and ways to gauge progress are included.

Commands are charged by the new instruction with testing assigned personnel to monitor physical fitness. While local records will be kept, no requirements exists for commands to forward results to higher authority. However, personnel failing to meet minimum standards, as defined in the testing segment of the instruction, shall have this failure noted in officer fitness reports or enlisted evaluations. Commands shall also be responsible for documenting any physical condition precluding an individual from taking part in the program or being tested.

Test standards will measure trunk strength/flexibility, arm/shoulder strength, and endurance. Minimum

standards are established for men and women in three ages groups: 17-25, 26-33, and 34-39. Neither DoD policy nor the new Navy instruction call for members age 40 and over to be tested, but they are encouraged to participate for their own personal well-being. The testing standards define exercise which meet requirements, such as sit-ups, push-ups (flexed arm hang for women), and run/walk or running in place.

Program instructions emphasize proper exercise procedures and precautions to prevent over-stress or other injury to personnel participating in the program. Proper medical evaluation of individual members to assess their readiness to take part in strenuous exercise is also discussed.

Six become CSR-certified

Five employees and a former employee of the Central Supply Room, Pharmacy Service, have been certified Central Service Technicians following completion of an 18-week course given by Skyline College.

Graduates are Margaret Eddie, Deborah Carter, Valerie Hughes Tiger, Bobbie Davis, Lurline Randolph and Jean King, who has now transferred to Mare Island.

Each person received a certificate and a pin in July 15 ceremonies. On hand to offer warm congratulations were Commander Michael Moy, Chief of Pharmacy, Lieutenant Daniel Angelier, Officer in Charge of the Central Supply Room, Lourdes Guarnieri, R. N. head of the branch, and other personnel of the department.

White promoted

The former Ensign William J. White of Laboratory Services has recently been promoted to the rank of Lieutenant (junior grade).

Lieutenant White, a Medical Service Corps officer, is the supervisor of Special Hematology.

Capt. Takaki

(From page 1)

He was a resident at Oak Knoll 1964-67 and was granted a fellowship in reproductive endocrinology here in July 1974.



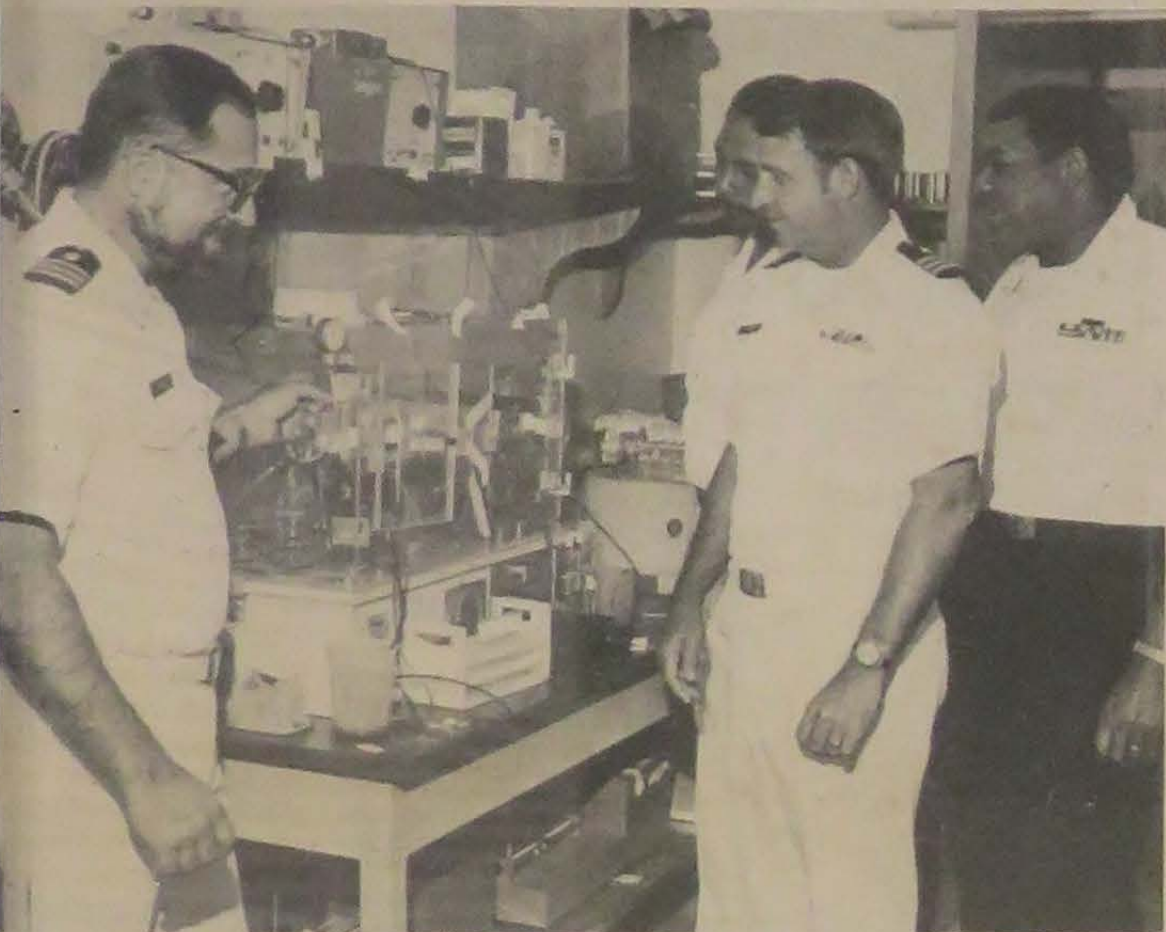
Captain N. K. Takaki

Certified in 1969, and again this year by the American Board of Obstetrics and Gynecology, the physician has received first prize awards for best residency scientific presentations in two Armed Forces District annual meetings of the American College of Obstetrics and Gynecologists, and for a basic research presentation to the Pacific Coast Fertility Society.

He has authored, or co-authored, numerous technical publications and has completed several clinical research projects.

Dr. Takaki is licensed by both Kansas and California. He was in private practice in Seaside, California, from June 1961 to July 1962, with appointments to both Carmel Community and Monterey hospitals. He also served for three years as an OB/GYN consultant to the Tokyo Medical/Surgical Clinic and one year as consultant to the Bluff Hospital in Yokohama, Japan. In addition to his assignments at Oakland, his 20-year Navy career has called for duty aboard a ship and at the Armed Forces Examination Station, Oakland; Naval Station, Guam; Naval Hospital, Charleston, S. C., and then U. S. Naval Hospital, Yokosuka, Japan.

The obstetrician's wife Carol is the head nurse of obstetrics at Alameda Hospital. The couple has three children—John, 16, Mary, 15, and Michael, 11—and the family makes its home in Alameda.



ANNUAL REVIEW—Commander Stephen B. Lewis, (left), Director, Clinical Investigation Center, explains one of Oak Knoll's research projects to Lieutenant Commander John P. Kelly (background) and Commander E.L. Taylor, while Chief Hospital Corpman Edward Johnson (far right) looks on. Commanders Taylor and Kelly are from the Clinical Investigations branch of the Naval Health Sciences Education and Training Command. They visited here for an annual review of research projects.

It's Noon Here, So, In Frankfurt It Will Be???????

When a birthday rolls around or it's time to call a friend in a foreign country, can you figure out whether it's morning, noon, or midnight across the seas?

If you can't, then clip and save the chart shown below. It contains a list of countries where Americans might be stationed or might have visited.

To determine the time in the country you want to call, add the number of hours shown under your time zone (or subtract if the number is preceded by a minus sign) to your local time.

Time differences are based on Standard Time which is observed in the United States from the last Sunday in October until the last Sunday in April. For Daylight Saving Time, add one hour.

Time Difference To-	U.S. Time Zones			
	EST	CST	MST	PST
Australia (Sydney)	16	17	18	19
Austria	6	7	8	9
Belgium	6	7	8	9
Bolivia	1	2	3	4
Brazil	2	3	4	5
Chile	2	3	4	5
Cyprus	7	8	9	10
Denmark	6	7	8	9
Finland	7	8	9	10
France	6	7	8	9
Germany, West	6	7	8	9
Greece	7	8	9	10
Guam	15	16	17	18
Hong Kong	13	14	15	16
Ireland	5	6	7	8
Israel	7	8	9	10
Italy	6	7	8	9
Japan	14	15	16	17
Korea	14	15	16	17
Luxembourg	6	7	8	9
Netherlands	6	7	8	9
New Zealand	18	19	20	21
Nicaragua	-1	0	1	2
Panama	0	1	2	3
Philippines	13	14	15	16
Portugal	5	6	7	8
Saudi Arabia	8	9	10	11
Spain	6	7	8	9
Turkey	7	8	9	10
United Kingdom	5	6	7	8

THE OPPORTUNITIES ARE RIGHT HERE

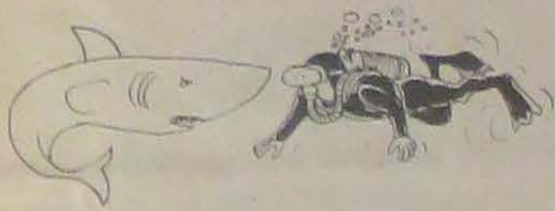
All the benefits you need to get ahead are right here in the Navy. You can further your education, earn an extra stripe, run your own shop and build a career in just about any field you choose.

So, if you're within 12 to 24 months of reenlistment, now's the time to look into what the Navy can offer you.

NAVY IT'S THE RIGHT TIME TO STAY

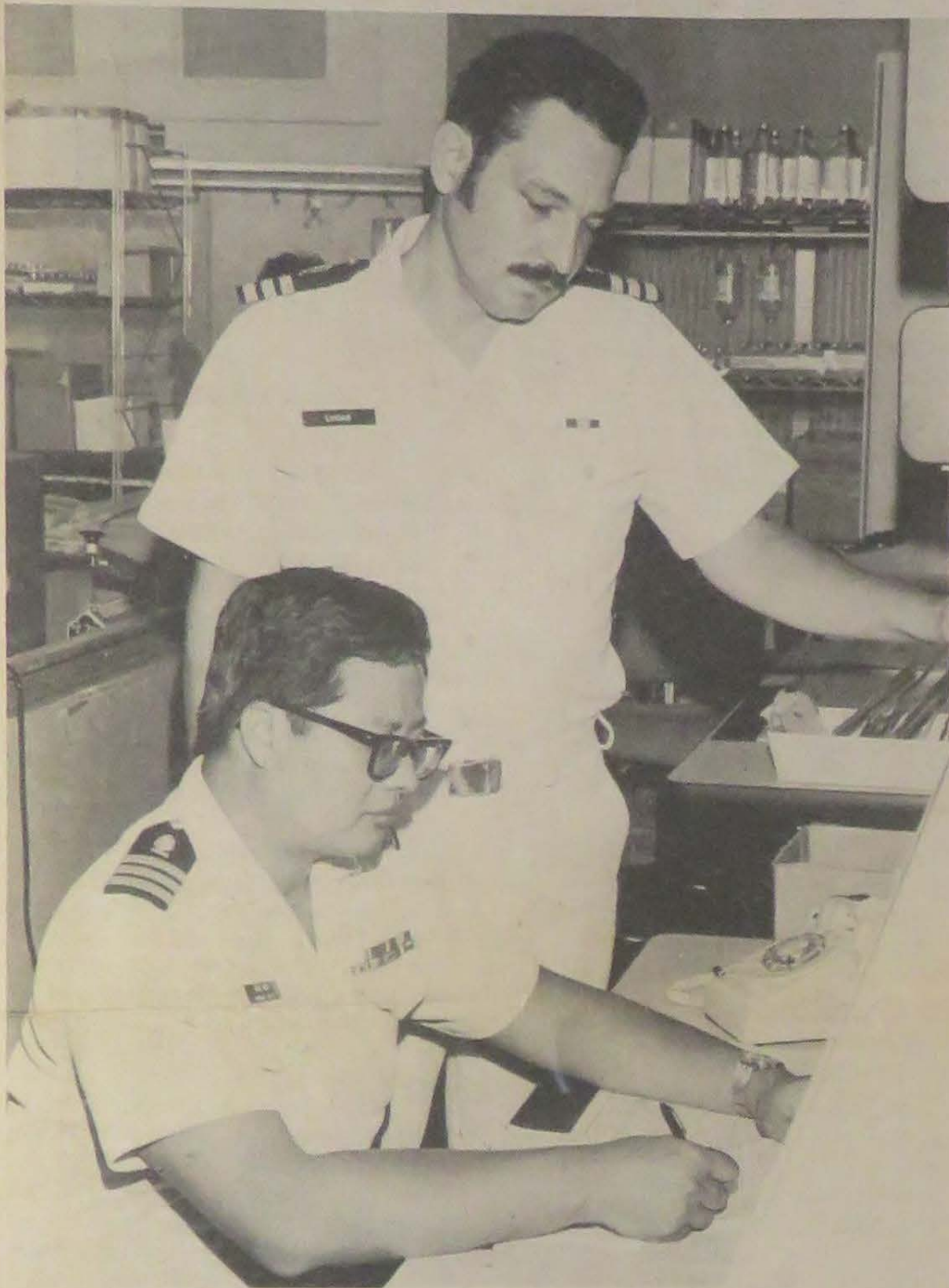


For your info---

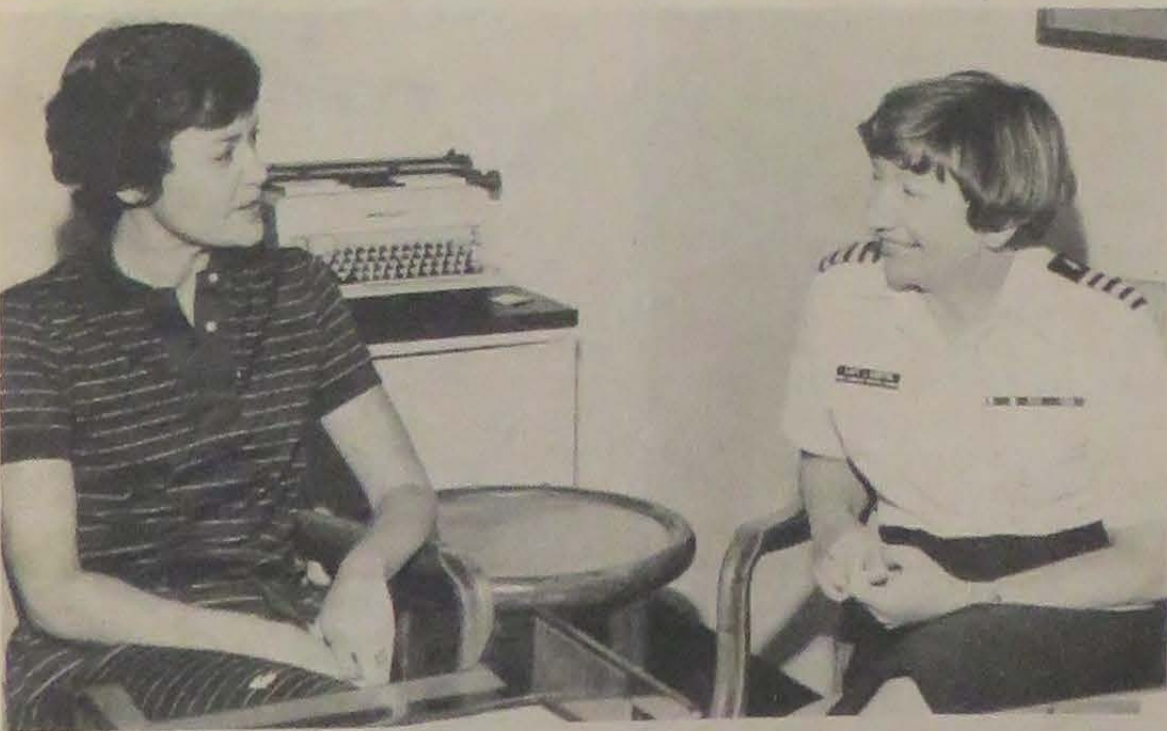


SUMMER IS HERE...

SWIM IN SAFE WATER



ORIENTATION—Outgoing Pharmacy Chief Commander Michael W. Moy (seated) briefs his relief, Commander John Lucas, on some local procedures as he prepares to depart for a new assignment at NRMCMC Long Beach, where he will also be Chief of Pharmacy Service. Both officers have 18 years of service and were fellow students, along with Lieutenant Donald A. Belt also of Pharmacy, in Corps School many years ago. Commander Moy, whose hometown is Menlo Park, has been assigned to Oak Knoll for more than four years. Commander Lucas recently arrived following duty at Bethesda. He and his wife Marcia are the parents of four and are making their home in Oakland.



COURTESY CALL—Ms. Sharon M. Iverson (left), Regional Executive Director of the California Nurses' Association, Region XI, paid a recent visit to Oak Knoll and met with several members of Nursing Service, including a courtesy call on Captain Jo Ann Morton, Assistant Chief of Service. The association is a statewide professional organization of registered nurses and a constituent of the American Nurses' Association. Navy Nurse Corps Lieutenant Clinton E. Lambert, Jr., head instructor of the Neuropsychiatry Technician School, is a member of the region's board of directors.

NP graduation next Friday

The Navy will gain six more certified Neuropsychiatric Technicians upon graduation here next week of students of Class 800006.

Graduates and their new assignments will be: Hospital Corpsman John D. Barker, Submarine Medical Center, Groton, Conn.; Hospitalman Kenneth A. Eaves, Naval Regional Medical Center (NRMCMC) San Diego; Hospitalman Mark A. Rosolowski, Naval Regional Dental Center, Miramar, Calif.; Hospital Corpsman Third Class Robert J. Sims, NRMCMC Yokosuka, Japan; Hospital Corpsman Third Class Wayne S. Turner, NRMCMC Okinawa, Japan, and Hospital Corpsman Third Class Donald L. Weber, NRMCMC Long Beach.

The corpsmen will have completed more than 12 weeks of specialized instruction, evenly divided between didactic training at Ft. Sam Houston, San Antonio, Tex., and clinical experience at NRMCMC Oakland.

Graduation ceremonies will be held at 9:30 a.m. Aug. 8 in Room 3-16-12, on the third deck opposite Clinical Assembly.

NMPC must approve SRBs

Members reenlisting under the Selective Reenlistment Bonus (SRB) Program must now get message approval from Commander, Naval Military Personnel Command (CNMPC). CNMPC has taken over central cost control of the SRB program at the headquarters level to respond to anticipated program funding requirements, ensure timely accounting, and prevent program overexpenditure. The revised procedures are necessary because personnel eligible for selective reenlistment bonuses have been electing to continue their Navy careers in larger numbers than previously anticipated. A number of possible reasons are cited for this, including increased emphasis on retention, publicity concerning congressional legislative initiatives, and the prevailing state of the civilian economy. Increased funding for the unanticipated SRB payments has been made available through reprogramming other funds.

In addition, approval has been granted for members to enter into short-term extensions to enable them to reenlist after Oct. 1, 1980. Doing so may provide definite dollar benefits for that reenlistee. For example: an E-5 over four years reenlisting for four years at SRB award Level 2 would now receive an SRB award of \$5,354. Waiting until after Oct. 1, assuming the smallest pay raise now being discussed—7.4 percent—would allow the same individual to receive \$5,748 for an SRB award. In addition, legislation establishing Zone C SRB eligibility and raising maximum SRB awards is in Congress.

Effective July 12, new SRB reenlistments began to be authorized via message approval from CNMPC-483. Details of reporting procedures for SRB accounting and information of interest to reenlistees is contained in NAVOP 116/80.



MUTUAL INTEREST—Lieutenant Commander Tommy Ruffin, Equal Employment Opportunity advisor to the Navy Surgeon General, paid a recent visit to Naval Regional Medical Center Oakland. Among those with whom he met to discuss matters of mutual interest were Weldon D. Miles, Deputy EEO Officer, and Mrs. Mary Takai, secretary to the Director of Clinical Services.

BOOST applications open for '81

Applications for the 1981 Broadened Opportunity for Officer Selection and Training (BOOST) Program are now being solicited. BOOST prepares selected enlisted personnel to compete for entrance into the NROTC Scholarship Program or for appointment to the U. S. Naval Academy.

Applicants must be U. S. citizens on active duty with at least 39 months obligated service remaining as of March 1, 1981. Those aspiring to the NROTC Scholarship Program must not have reached their 20th birthday as of June 30, 1981, while prospective academy candidates must not have passed their 21st birthday as of July 1, 1981. These age limits cannot be waived.

The application deadline for this year's BOOST program is Dec. 1, 1980.

Early application is encouraged. Details of the BOOST program are contained in BuPers Manual 1020360, and specific details relating to applications for this year's class are contained in NAVOP 113/80.

People make news ---

udos. . . .

Special Appreciation
The Commanding Officer, Naval Regional Medical Clinic, Key West, has written to cite the performance of Lieutenant (junior grade) Christina Castellanos, normally assigned in the Cardiac Intensive Care Unit here, who was a member of the Medical Team assigned in support of Operation Freedom Flotilla at Key West, from June 7 to July 7. The commanding officer said she displayed exceptional skill and resourcefulness, providing and sustaining a high level of medical care to approximately 16,000 (Cuban) refugees.

This was frequently done under adverse conditions ranging from long, unpredictable working hours and poor working conditions to racial and language difficulties," said, adding: "The compassionate manner in which LTJG Castellanos treated the many refugees that she came into contact with alleviated much of their fear and the confusion associated with this highly emotional ordeal."

Length of Service Awards

35 years
Comella, Supply Service.
Benoit, Housekeeping.
Collier, Theresa Clemons and
Gaskins, Food Service.

30 years
Flack, Supply Service.
Annie Ford, Food Service.

25 years
Harrison and Georgia Lopez, Support Service.

20 years
Jones, Patient Affairs.

15 years
Thompson, Civilian Personnel Office.
Beck and Willie Wolf, Food Service.

Reenlistment

Hospital Corpsman Patrick Joyce, Operating Room.

Expeditionary Medal

Lieutenant Commander Lynn C. Vanghosen, Medical Service.

Navy Commendation Medal

Hospital Corpsman David R. Brown, Nursing Detail Office.

Letter of Commendation

Lieutenant Commander Darrel Baker, Hospital Corps, from Commanding Officer, Naval Regional Dental Center, Newport, R.I.

Letters of Appreciation

Hospital Corpsman Second Class Michael F. Patterson, Nursing Service (Good Conduct Medal).

Lieutenant Matthew Blizotes, formerly in Endocrinology (also Fellowship Training Certificate).

Carol A. Rosenberger, R.N., Pediatrics/Outpatient Dept.

Lieutenant Commander Michael W. Moore, formerly of Radiology.

ADM Cox

(From Page 1)

and award), the Navy Commendation Medal, the Meritorious Service Medal (with gold star in lieu of second award), and a Navy Meritorious Unit Citation.

Admiral Cox is married to the former Anne Maczewski of St. Louis. They have one son, William E. Cox.

Food service worker retires



Rosa B. Lewis

Mrs. Rosa B. Lewis ended 27 years' federal service on July 7 and earned a letter of appreciation from the command upon her retirement as an employee of Food Service.

"I am retiring from food service work," she said, "but not to the rocking chair!"

Her plans are to rest the first few weeks and then do some traveling across the states. Upon return to her Oakland home, she will resume church activities with the Progressive Missionary Baptist Church, do some volunteer work for the Red Cross, "maybe a little gardening at home, fishing—just the ordinary quiet home type of living."

Mrs. Lewis, a widow, was born in Minden, La., and attended training school in Arcadia (same state).

Her federal employment included a stint at an Oakland Post Office, and work in the food department at Letterman Army Medical Center in San Francisco.

She began working at Oak Knoll in November, 1967.



DEPARTING—Commander William L. Self, Chief of Preventive Medicine Service, will depart this command Aug. 8 for new duty as Environmental Health Officer, Operations Branch, Health Sciences Educational Training Command, Bethesda. The Medical Service Corps officer, who is both a registered nurse and a registered sanitarian, has been at Oak Knoll since April 1977 and has more than 30 years service. Commander Richard Hooper will serve as Chief, Preventive Medicine here pending the arrival of Commander George J. Hansel who has been acting Director of Administrative Services and Chief of Preventative Medicine at Subic Bay. Commander Hansel was last assigned to Oak Knoll in 1976.

-----Comings and Goings-----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Medical Service Corps Lieutenants Bruce and Sue Curtis (Management Information Service and Outpatient Department respectively) to Bureau of Medicine and Surgery, Washington, D. C.

Lieutenant Matthew Blizotes, Medical Corps, Endocrinology, to Naval Regional Medical Center, San Diego.

Commander Michael Dainer, Medical Corps, Obstetrics/Gynecology, to Naval Regional Medical Center, San Diego.

Lieutenant Linda Ahbel, Nurse Corps, to Whidbey Island, Wash.

Lieutenant Commander Robert E. Woodruff, Anesthesiology, released from active duty.

Lieutenant Commander Michael W. Moore, Medical Corps, Anesthesiology, released from active duty.

Lieutenant Commander David M. Kerr, Medical Corps, Laboratory Services, released from active duty.

Commander Ronald C. House, Dental Corps, detached for duty under instruction, University of Michigan.

"Welcome aboard" to newly arrived:

Commander John Lucas, Medical Services Corps, Pharmacy Service.

Ensign Marc Muramatsu, Clinical Clerk.

Lieutenant Rosemary Jenkins, Medical Corps, Pathology resident.

Ensign Mary Depner, Clinical Clerk.

Ensign Christopher Depner, Clinical Clerk.

Lieutenant Commander Alvaro Traquina, Medical Corps, Surgery Service.

Commander Victor Deeter, Medical Service Corps, Data Processing.

Commander James E. Sander, Medical Corps, Pediatrics.

Lieutenant Commander Lewis L. Ware, Medical Corps, Radiology resident.

Lieutenant David L. Mehlum, Medical Corps, ENT staff.

Ensign Karen L. Mikelait, Clinical Clerk.

Lieutenant Betty Rose Anne Dionne, Nurse Corps.

Lieutenant (junior grade) Theresa L. Finch, Nurse Corps.

Ensign Julianna M. Zinda, Nurse Corps.

Ensign Valerie G. Qureschi, Nurse Corps.

Ensign Lesa L. Marks, Nurse Corps.

Lieutenant Steven L. Weighall, Medical Corps, Radiology.

Ensign Leo Kusuda, Clinical Clerk.

45 enlisted staff members advanced in rate

Forty-five enlisted staff members of this command have been advanced to higher rates.

Raised to Boiler Technician Second Class was **Wesley G. Pearce**, Medical Service.

To Hospital Corpsman Second Class: **Ronald T. Colucci**, Preventive Medicine Technician School; **Francis P. Girotti**, Otorhinolaryngology Service; and **Mitchell Hirsch**, Laboratory Service.

To Dental Technician Third Class: **Jill S. Montez**, **Louise B. Thackston** and **Barry L. Walker**, all of Dental Service.

To Hospital Corpsman Third Class: **Israel Arroyo, Jr.**, Nursing Service; **Lisa G. Benson**, Operating Management Service; **Dominic S. Blampye**,

Clinical Investigation Center; **Stephen M. Boone**, Psychiatry Service; **Donald S. Burwell**, Radiology Service; **Katherine A. Chavez**, Operating Room Technician School; **David F. Donnell**, Radiology Service; **Michael W. Eickert** and **Jonathan Eubanks**, both of Pharmacy Service; **Thomas D. Feinberg**, X-Ray School; **Carolyn S. Foley**, Surgical Service; **Pete Garcia**, Nursing Service; **René Garcia**, Psychiatry Service; **Mary M. Gibson**, Nursing Service; **Michael G. Hoerner**, X-Ray School; **Abraham B. Jacob**, Pharmacy Service; **Christopher S. Juarez**, Stockton Branch Clinic; **Jon E. Johnson** and **Terri D. Kahn**, both of Cardiology; **James R. Kraft**, Surgical Service; **Joseph M. Lytle** and **Nancy V. Duncan Marchionda**,

both of Nursing Service; **Linda McClary**, Pharmacy Service; **Beth McGill**, **John J. Miller**, **Matthew J. Mooney** and **Alan G. Palmer**, all of Nursing Service; **Brian W. Roberts**, Psychiatry Service; **Robert J. Sims**, Neuropsychiatric Technician School; **Boyd C. Storey** and **Benjamin F. Taylor**, both of Nursing Service; **Joseph W. Walters**, Personnel Support Detachment; **Rhonda J. Watts**, Nursing Service; **Donald L. Weber, Jr.**, Neuropsychiatric Technician School; **Jay P. Wechsler**, X-Ray School; **Neil R. Wolf**, Dermatology Service; and **Mark P. Zoma**, Nursing Service.

Also, **Charles E. Hall**, of Operating Management Service was advanced to the rate of Machinist's Mate Third Class.

Classifieds

VEHICLES

1977 GMC 4x4 SWB duel tanks, sliding window, AT, PS, PB, radial tires, Rallye wheels, 38K, one owner, fine care. 658-3603.

FOUND

Tools found July 14, 1980. Call Nancy, Ext. 2597, and identify.

HELP WANTED

The Credit Union requires experienced Computer Terminal Operator, Loan Interviewer/Processor, Teller, File Clerk/General Office, and Receptionist/New Accounts. Salary commensurate with experience. Contact Ms. Curwen, 639-2521 or 568-4100.

Speaking of health care

Some pointers

CHAMPUS and 'supplementary insurance'

While CHAMPUS pays the major portion of allowable medical charges, your cost may still be substantial in the event of extended or expensive medical requirements.

For this reason, some service families have turned to a type of private health insurance policy, known as CHAMPUS "supplementary insurance," which is designed to pay some or all of the beneficiary's portion of a medical bill cost-shared by CHAMPUS.

These CHAMPUS "supplements" are endorsed and sold by a number of military associations, such as The Retired Officers Association, the Association of the U. S. Army, the Fleet Reserve Association, Marine Corps League and the Air Force Sergeants Association. In addition, some commercial insurers sell supplemental policies. Normally, one must be a member of such an association to obtain its CHAMPUS supplementary insurance.

The cost of the plans—and the extent to which they "bridge the gap" between what doctors or hospitals charge and what CHAMPUS pays—varies from plan to plan. Further, some associations have several plans, in order to accommodate different categories of beneficiaries or different requirements.

In some circumstances, these plans don't completely bridge the gap. One reason for this is the fact that the supplementary plans base their payments on the CHAMPUS-determined allowable charge. This means you will still have to pay any amount of the medical bill which is above the amount allowed by CHAMPUS if you use a non-participating provider of care. Of course, if your physician or other provider participates in CHAMPUS, the payment of the allowable charge is payment in full.

Many of the plans have other limitations.

For further information about supplementary insurance, check with a Health Benefits Advisor at a service medical facility or a military association which offers this type of policy.

New study on nursing care

As part of an experimental program now underway, CHAMPUS beneficiaries may obtain certain types of health care directly from specialized nurses, known as "nurse practitioners," without referral or supervision of a physician.

The period during which this care may be obtained is now through Sept. 30. The temporary exemption from CHAMPUS regulations is part of a two-pronged study directed by Congress to determine the cost-effectiveness of direct reimbursement to nurse practitioners, and the quality of this type of care provided without doctor referral or supervision.

A nurse practitioner, for CHAMPUS purposes, is a registered nurse who is in independent practice and is certified by a professional organization, such as the American Nurses Association, or by the state in which the person practices.

Some nursing fields in which qualified persons have been certified are psychiatry, pediatrics, obstetrics and gynecology, and gerontology.

CHAMPUS officials point out that CHAMPUS will not cost-share a service provided by a nurse practitioner unless that service is a CHAMPUS-authorized benefit. For example, under current regulations well-baby care is not a CHAMPUS benefit whether provided by a physician or a pediatric nurse.

Claims for service provided by nurse practitioners may be filed direct with the appropriate CHAMPUS fiscal intermediary by nurse practitioners or CHAMPUS beneficiaries. During the test period, no proof of referral or supervision by a physician is required.

Certified nurse midwives are not included in the study since they are already CHAMPUS-authorized independent providers.

Date changed for symposium

The Navy Mental Health Symposium previously reported as being scheduled to be held here Aug. 12, will now be held on Wednesday, Aug. 13, it has been announced.

The three-hour course is being hosted by Psychiatry Service with Lieutenant Commander Mark Petersen, Community Mental Health Director, in

charge of the program.

The symposium will begin at 1 p.m. in the ENT Conference Room on the fourth floor of the main hospital building.

Three continuing education credits are offered participants. All medical personnel are welcome to attend.

Skin cancer: avoid needless risk

Skin cancer is the most common form of cancer, claiming between 6,500 and 7,500 lives each year in the United States.

Most skin cancers are caused by the sun's ultraviolet rays.

The great number of Americans who sunbathe indicates that they don't really believe the sun's rays are dangerous. They are dead wrong.

The National Cancer Institute has found that the number of skin cancer cases and deaths has doubled in only one metropolitan area over a 10-year period. Throughout the United States, investigators now feel that there has been a twofold increase in skin malignancies in the last 25 years. This increase has been accompanied by a marked increase in sunbathing.

Treating skin cancer

Any skin change should be called to the attention of a physician immediately.

A skin cancer can be treated by physicians in several ways. It may be removed surgically, eliminated by special heat or freezing techniques, or treated by X-ray. Active chemicals also may be applied directly to the tumor in the form of ointments or solutions.

Precautions

The ultraviolet portion of the sunlight is the leading cause of skin cancer. The middle wavelengths of ultraviolet light are the ones that cause the skin to tan or burn. Excessive exposure to these wavelengths—especially when the sun is most intense—can cause skin cancer.

Ultraviolet light—which is really radiation—is invisible and cannot be felt at the time of exposure. Its alternate effects, however, can include eye injury, sunburn, and a wide variety of skin eruptions as well as premature aging of the skin and skin cancer.

Some people are destined by birth to be skin cancer prone. Persons with blue or green eyes and fair skin—notably Irish and other Celtic people—who freckle and burn easily are especially vulnerable. Just how vulnerable is demonstrated by the fact that Ireland has the world's third largest skin cancer death rate, following the Republic of South Africa and Australia.

Since about 60 percent of the total ultraviolet radiation reaches the earth's surface between 10 a.m. and 2 p.m., people may reduce exposure to much of the potentially damaging radiation by not exposing themselves unnecessarily to the sun for extended periods during this four-hour interval.

Are health foods more nutritious?



The popularity of health foods have helped a lot of people become more aware of the food we eat and how it affects us. But the Food and Drug Administration (FDA) warns that consumers should be wary of claims that these foods offer special health benefits.

Regularly, millions of Americans spend extra money to buy foods labeled organic or health food at supermarkets and health stores. Here are a few things the FDA says health food shoppers should watch out for:

- Vitamins from natural sources have no nutritional superiority over synthetic vitamins, so don't get caught paying a higher price for "natural" vitamins. Always watch out for the false promotion of a substance labeled as a vitamin. A recent example is pangamic acid, which has falsely been called vitamin B-15. Pangamic acid is not a vitamin because it is not an essential part of our diet.

- Many people are lured to health foods in the belief that they're safer than conventional foods. Not so. One glaring example is potassium chloride, a substance often sold in health food stores as a diet supplement. Accidental overdose of potassium chloride, sometimes called potassium salt, is known to have caused deaths of otherwise healthy individuals. Potassium chloride supplement and other products labeled as "salt substitutes" which contain potassium should be used only under medical supervision.

- Another example is herb tea, favored by many health food advocates, which contains thousands of chemical compounds that have not been tested for safety. Sassafras root was found to contain safrole, which produces liver cancer in rats. For that reason the sale of sassafras tea was banned by the FDA in 1976.

The most reasonable way to buy food for health is to exercise care and common sense by eating a wide variety of foods—and by practicing moderation in eating any single food.

To help you sort out the myths from the facts, write for a free copy of *The Confusing World of Health Foods* from the Consumer Information Center, Dept. 548G, Pueblo, Colo. 81009.

TERRIFIC TANS
CAN TURN TO
BURNS.

EASY DOES IT!



With the family ---

Chaplain's corner:



'I am your church'

I stand silently on one of your streets—silent only because you will not hear me. I speak to you of the best that lies within you. I speak for your suppressed needs, for your cherished hopes and unrealized dreams. I speak concerning your fears and your frustrations. Yet you will not hear.

I beseech you to give me your little children that they know the richness of life. I plead that you may send me your youth that they may know the wholeness of living. I invite you, yourselves, that you may find tasks that will outlive you. And still you do not hear.

You pass me by as if I were not. You do not seek me out when it is within my power to help you. You will not hear.

But eventually you will come. You will come when you have a favor to ask me. You will come when you seek my blessing upon your new-born child. You will come when you are weighted down with your sorrows and your failures. You will come believing that I can do something about your sins. And finally, you will come sought by somebody else, hoping that I may find something good to say about you when you have already said the last word about yourself.

I am your church.

You expect a great deal from me.

Have not I a right to expect something from you?

Submitted by Chaplain Owen A. Hardage,
Captain, CHC, USN

Chrysler advises

Pound fenders, kick tires



If you own a 1976 or 1977 Aspen or Volare, give the front fenders a good pounding the next time you kick the tires.

It seems that these models are prone to having rusted-out fenders and the Chrysler Corporation has agreed to replace them as part of a settlement worth an estimated \$45 million.

The settlement was agreed to by Chrysler after a Federal Trade Commission investigation.

Deadline for contacting Chrysler about the fender replacement program which might affect as many as one million cars is Nov. 1, 1980, or before the car is one-and-a-half years old, whichever is later.

Mileage is not a factor in the replacement program.

At the same time, the FTC pointed out that rust resulting from normal deterioration or rust on other parts of the car besides the front fenders is not included in the agreement reached with Chrysler.

Estimates obtained by the FTC for the cost of replacing affected fenders ranged between \$175 and \$250, but there is no charge under the agreement.

If you have already replaced the fenders because of the rust problem, the company will reimburse you.

In addition, the company will mail notices about the program to all car owners in the "salt belt" since salt used in the following states during the wintertime appears to have hastened the rust problem. The states are Connecticut, Delaware, Illinois, Indiana, Iowa, Maine, Massachusetts, Michigan, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont and Wisconsin, as well as certain parts of Maryland, Minnesota, and West Virginia.

The reimbursement and repair program, however, applies regardless of location or direct-mail notice.



This year the Veterans Administration celebrates its 50th year of service "To care for him who shall have borne the battle and for his widow and orphan." Categories of individuals covered have expanded over the years, along with the benefits. Here's one VA benefit—

DEATH BENEFITS—The VA pays Dependency and Indemnity Compensation (DIC) to dependents of those who die on active duty or from injuries received on active duty. There is also a burial payment. Keep your dependents informed of these benefits by a visit to the nearest VA office.



Little acorns...

The following additions to the Naval Regional Medical Center "family" have arrived at Oak Knoll:

A baby girl to Hospital Corpsman Second Class Robert M. Markie, Fallon, Nev., Branch Clinic, and his wife Anca, July 10.

A baby girl to Lieutenant Commander Thomas J. Allred, Pathology, and his wife Mary, July 10.

A baby girl to Lieutenant Arie Maman, Clinical Investigation Center, and his wife Jenny, July 12.

A baby boy to Hospital Corpsman Second Class Rory D. Dunaway, Staff Sick Call, and his wife Mary, July 15.

A baby girl to Lieutenant Commander Michael J. Homer, Concord Dental Clinic, and his wife Claudia, July 16.

A baby girl to Lieutenant Ellsworth Weatherby, Radiology, and his wife Cynthia, July 16.

A baby boy to Hospital Corpsman First Class Gregory A. Jones of Concord and his wife Judith, July 17.

★ ★ ★ MOVIES ★ ★ ★

Friday, Aug. 1, 6 p.m.—FORCE TEN FROM NAVARONE—Robert Shaw, Harrison Ford—Adventure/PG

Saturday, Aug. 2, 2 p.m.—UNIDENTIFIED FLYING ODDBALL—Dennis Dugan, Jim Dale—Comedy/G

Saturday, Aug. 2, 3:35 p.m.—SMOKEY AND THE GOODTIME OUTLAWS—Jesse Turner, Dennis Fimple—Comedy/PG

Sunday, Aug. 3, 6 p.m.—PINK FLOYD—Pink Floyd Group—Concert/G

Monday, Aug. 4, 6 p.m.—INVASION OF THE BODY SNATCHERS—Donald Sutherland, Brooke Adams—Sci-Fi/PG

Tuesday, Aug. 5, 6 p.m.—COAL MINER'S DAUGHTER—Sissy Spacek, Tommy Lee Jones—Drama/PG

Wednesday, Aug. 6, 6 p.m.—LITTLE MISS MARKER—Walter Matthau, Sara Stimson—Comedy-drama/PG

Thursday, Aug. 7, 6 p.m.—KARATE WARRIORS—Sonny Chiba, Isaac Matsumi—Drama/R

Friday, Aug. 8, 6 p.m.—TEHERAN INCIDENT—Peter Graves, Curt Jurgens—Action/PG

Saturday, Aug. 9, 2 p.m.—THE WIZARD OF OZ—Judy Garland, Ray Bolger—Musical/G

Saturday, Aug. 9, 3:35 p.m.—FLOWER DRUM SONG—Nancy Kwan, Jack Soo—Romance/Musical/G

Sunday, Aug. 10, 6 p.m.—HI-RIDERS—Mel Ferrer, Stephen McNally—Drama/R

Monday, Aug. 11, 6 p.m.—COMES A HORSEMAN—James Caan, Jane Fonda—Western/G

Tuesday, Aug. 12, 6 p.m.—THE BALTIMORE BULLET—James Coburn, Omar Sharif—Comedy/PG

Wednesday, Aug. 13, 6 p.m.—FOOLIN' AROUND—Gary Busey, Annette O'Toole—Comedy/PG

Thursday, Aug. 13, 6 p.m.—THE VISITOR—Glen Ford, Shelley Winters—Horror/R

Guidelines for draft registration

As prescribed by the Military Selective Service Act (MSSA) and Presidential proclamation issued July 2, male citizens born during 1960 and later years are required to register on the following schedule:

a. Males born during 1960 should have registered during the period July 21-26.

b. Males born during 1961, July 28-Aug. 2.

c. Males born during 1962, Jan. 5-11, 1981.

d. Commencing Jan. 1, and on a continuous basis thereafter, males reaching age 18 will be required to register during the 60-day period commencing 30 days before their birthdate.

The following need not register:

- Persons on active duty in the Armed Services at the time their age group is required to register are exempt from registration so long as they remain on active duty.

- Members of reserve components on full-time active duty.

- Midshipmen at the U.S. Naval Academy.

- Midshipmen, U. S. Naval Reserve, at the U. S. Merchant Marine Academy.

- Students enrolled in an officer procurement program at the Citadel or Virginia Military Institute.

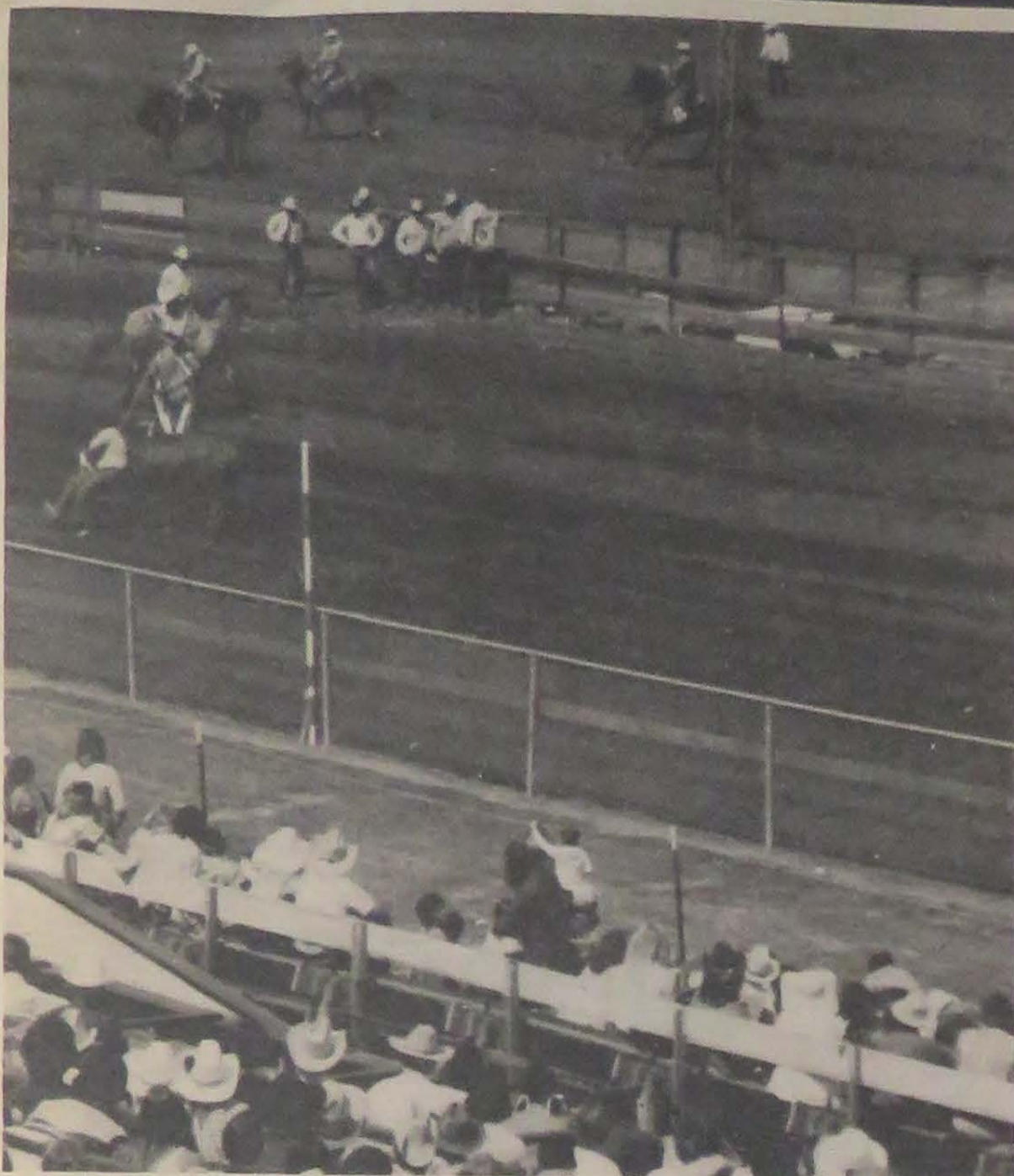
Personnel within the specified age groups leaving active duty are required to register within 30 days of separation.

Also required to register are members of reserve components, including reserve component members on annual or other type of training tours; delayed entry pool (DEP) members, and NROTC Midshipmen (other than Citadel and VMI).

Naval Reserve personnel on active duty for training and NROTC Midshipmen on summer cruise during the July 21-Aug. 2 registration period, who are unable to register due to remote location, are required to register within 30 days of completion of training. Naval Reserve personnel residing outside the U. S. should register with the U. S. Embassy or Consulate.

All others may register at any U. S. post office, including the one at Oak Knoll.

Off duty ---



ROPE 'EM, COWBOY—More than 50 Naval Regional Medical Center Oakland patients and staff escorts are in the crowd watching this roping event at the annual California Rodeo in Salinas. They were guests of the Elks Club, rodeo association, and the Associated Veterans Council of Salinas.

(Private photo by Jerry Zieja)

Patients, escorts guests at rodeo

More than 50 Oak Knoll patients and staff escorts attended the annual California Rodeo in Salinas on July 18 as guests of the Associated Veterans Council and Elks Club of Salinas, together with the California Rodeo Association.

The group was treated to lunch at the Salinas Elks Lodge, free tickets to the afternoon rodeo performance, and dinner at Post No. 31, American Legion. A drawing for door prizes followed, with three winners from this hospital. They were Hospital Corpsman Third Class Skip Barker, Neuropsychiatric Technician School, Electrician Fireman Rick Kintz, a patient, and Hospitalman Rick Sisner of the Personnel Support Detachment, Nurse Corps.

Lieutenant Pat Froelich's number was also called, but she graciously returned her prize to be drawn for someone else.

The event marked Veterans Day at the rodeo and some 800 other patients from VA hospitals and veterans homes also attended as special guests.

Chief Quartermaster Al Richardson of Special Services was in charge of arrangements for the Naval Regional Medical Center Oakland patients and staff. He said in order for such a large number to attend from here it was necessary for some of the staff who remained to work double shifts. "They should be publicly recognized," he said, "for making it possible for so many patients to go and enjoy the full day."

Check, mate!

Prelims set for interservice chess

Eleventh Naval District North chess championships will be decided Aug. 9-10 at the Mare Island Library in a tournament conducted under the Swiss System with U.S. Chess Federation rules governing.

Contestants are requested to bring their own chess sets and clocks, although a limited supply will be available for use.

All military personnel ordered to active duty in the Navy, Marine Corps or Coast Guard for a period of more than 90 days for other than training purposes are eligible to participate in this tournament. NRMCO personnel

should contact Ron Brown at Ext. 2350 for particulars.

Top finishers in this competition will be nominated for the Sea Chess Tournament to be held Sept. 15-19 at Fort Meade, Md. The most promising players from that elimination will comprise the Navy team in the 1980 Armed Forces Chess Championship Tournament. This 12-round interservice tournament in which six-member Army, Air Force and Sea Services teams will compete for the Thomas Emery Trophy and various other awards, is scheduled for the American Legion's Hall of Flags

and you will receive a coupon good for one free adult admission.

This offer saves you up to \$17.85 per family of four. Regularly, Great America admission tickets are \$10.95 for adults and \$9.95 for children (4-11

Great America gives 'freebees' to Dads when three others bought

"Dad is free" when you buy three Great America tickets from Special Services, Bldg. No. 38, Room 216.

Buy three admission tickets from Sally Young in the ticket/tour office

Morgue comes alive; buries MSCs, 7-3

The Naval Regional Medical Center Oakland Slowpitch Softball League is well into the second half of an interesting season.

The Medical Service Corps (MSC) team, going into the game against Morgue had already suffered one defeat at the hands of Medical Repair, and this time a stunning display of defensive power and well balanced hitting by Morgue helped to smother a stubborn MSC team, whose only scores came as a result of two home runs by Ozzie Watkins. After Morgue took the lead in the first inning with three runs, MSC's coaching efforts were unsuccessful in reviving the team.

Should Morgue go on to win the second half of the season, a playoff game will be scheduled between the two teams.

Clip to enter football play

Deadline for entry into the 1980 Intramural Flag Football Season at Naval Regional Medical Center, Oakland is Aug. 20.

Play is tentatively scheduled to begin the first week in September with league days Mondays through Thursdays at 5 p.m.

Entry form is printed below (or may be obtained from Special Services, Bldg. 2350).

FROM:

(Dept.)

(Team)

TO: Assistant Special Services Director

SUBJ: 1980 Intramural Flag Football Season

1. The above DIV/DEPT will enter a team in subject league.

2. Team Captain:

(Last)

Rank/Rate:

(First)

Telephone:

3. Days circled are days our team cannot play because of a military commitment (only reason).

MON.

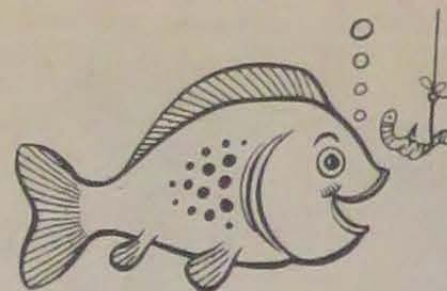
TUES.

WEDS.

THURS.

Signed:

(Team Captain)



Fishing update

Following are current fishing conditions at East Bay Regional Park District lakes:

Lake Chabot (Castro Valley): Slow but expected to pick up after trout plant. Also a few bass and catfish hitting.

Cull Canyon (Castro Valley): Catfishing good; some black bass being taken.

Don Castro (Hayward): Persistent fishermen are catching trout; some catfish also hitting; bass slow.

Del Valle (Livermore): Bluegill good; black bass fair; trout poor.

Contra Loma (Antioch): Catfishing well on clams and chicken livers.

Shadow Cliffs (Pleasanton): Trout catfishing hitting well.

Lake Temescal (Oakland): Trout catfishing and bluegill fishing rated fair.

Pt. Pinole: Fishing continues "hit and miss" but persistent anglers are catching flounder, shark, perch and striped bass.

Navy act at Sea World

The Naval Training Center, San Diego, will present its Drum and Bugle Corps and 50-State Flag Team as a special feature at Sea World (San Diego) on Aug. 17.

The event is one of many which will occur at the south state attraction during "Military Summer Special," now through Sept. 7.

Special discount coupons, offering a \$2 saving per person to military personnel, their families and guests, are available on base in the Special Services Office, upstairs in Bldg. 38.

